

From the rearview mirror

U.S. Army Europe takes a trip down memory lane, looking back at a productive 2011

PAGE 12

If the shoe fits

Experts explain the importance of breaking in “toe shoes” and the benefits they provide

PAGE 10

Hitting the slopes

As winter gears up in Bavaria, ODR and local ski clubs offer no-frills trips designed to thrill

PAGE 9



Bavarian News

www.grafenwoehr.army.mil U.S. Army Garrisons Grafenwoehr, Schweinfurt and Ansbach January 18, 2012

Hollywood bound

Ansbach Army reservist sings her way to stardom for Operation Rising Star

By IMCOM Public Affairs
News Release

ANSBACH, Germany — Sgt. Melissa Neal, a reservist assigned to the 457th Civil Affairs Battalion, here, won the 2011 Operation Rising Star competition at Fort Sam Houston Theatre, Dec. 17. “I can’t believe this,” Neal said. “From singing in the kitchen ... now I’m going to Hollywood.”

During the competition Neal sang Miranda Lambert’s “Gunpowder and Lead,” Alexandra Burke’s version of “Hallelujah,” and “Feeling Good” by Michael Buble, but it was her rendition of “Faithfully” by Journey that won her top honors with \$1,000 cash and an all-expenses-paid recording package to Los Angeles. Neal will produce a three-song demo CD with EMI Music, which owns Capitol Records, Virgin Records, Blue Note, Manhattan Records and Chordant. The recording package is valued at over \$18,000. In addition, she’ll attend the Grammy Awards in February, and mingle with the stars at the after party. This was by no means Neal’s first time on stage.



Photo by Tim Hipps

Sgt. Melissa Neal of Ansbach, Germany, sings “Faithfully” by Journey during the 2011 Operation Rising Star competition at Fort Sam Houston Theatre, Dec. 17. Neal bested 11 finalists from around the Army.

“When I was little, I always knew that I kind of liked to sing,” she said. “I think I was in fourth or fifth grade when my music teacher had me do the little kids’ solo and I actually hit the note, so then I was like, ‘Oh, Mom, I want to sing when I grow up.’” Neal took voice lessons in junior high and performed with show choirs and sang in musicals through high school. She stopped taking voice lessons when she joined the Army at age 18, but music was still a big part of her life.

“I love to sing and always feel like music is such a release. When I am having a bad day or in a certain mood, I always have music to turn to because it always helps me get through any issues in my life,” she said. Neal said serving five years on active duty as a chemical operations specialist better prepared her for life as an Army wife. She’s currently majoring in criminal justice with a minor in psychology via

See SINGER, page 13

Graf’s new garrison commander arrives

Staff Report

GRAFENWOEHR, Germany — Col. James E. Saenz took command of U.S. Army Garrison Grafenwoehr at the Main Post Physical Fitness Center, here, Jan. 17. Saenz comes to Grafenwoehr via Fort Bragg, N.C., where he served as the director of the Commander’s Strategic Initiatives Group for U.S. Army Special Operations. Prior to that, he was the senior Special Operations representative at the Department of State in Washington, D.C. In addition to attending various Army and joint forces schools, he graduated from senior ex-

ecutive programs at the Harvard Kennedy School of Government and Kansas University School of Business. Saenz holds two master’s degrees, speaks Spanish, and is an accomplished martial artist. He is married and has two sons. See the next edition of the Bavarian News for coverage of the assumption of command ceremony.



Saenz

Wellness Center shapes community

Tests determine path to success

By Molly Hayden
Assistant Editor

VILSECK, Germany — It’s that time of year again, 2012 has rounded the corner and New Year’s resolutions are in full swing. According to the Department of Health, the most reliable and repeated New Year’s resolution is losing weight. After all, when the holidays are in full swing, so are our bellies, and thighs, and ... well, you get it.

An alarming 62 percent of active duty personnel are overweight or obese, according to Kim Waller, director of the Grafenwoehr Army Wellness Center. “But it’s not an individual problem,” explained Waller. “It’s a national epidemic.” Within the past 20 years, the rate of obesity has climbed significantly within the United States. In the year 1990, on average, 10 percent of the population was considered overweight or obese compared to 25 percent of the population today.

See WEIGHT-LOSS, page 13

Warriors take a seat for sport

Story and photos by
Charles Stadlander
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — In a rare meeting of Soldiers from across Europe, Schweinfurt’s C Company of the Warrior Transition Battalion Europe gathered at the Finney Fitness Center with their battalion-mates from around Europe for an adaptive sports exhibition. An adaptive sport realigns everyday athletics to allow those with disabilities to remain participatory and competitive. They can include anything from wheelchair bas-



Soldiers from Schweinfurt’s Warrior Transition Unit square off in a seated volleyball competition against the Schweinfurt High School women’s volleyball team. The match was part of a larger event that showcased adaptive sports.

ketball to hand-crank bicycles to – as Schweinfurt’s WTU performed – seated volleyball. Seated volleyball is recognized by the International Paralympic Movement, and resembles

standard volleyball with the exception of all competitors must be sitting on the floor at all times. The sport was adapted to allow those with a loss of mobility to still compete.

Gathered before an impressed and curious crowd, the women of the Schweinfurt High School varsity team

See VOLLEYBALL, page 13

INSIDE

Weather or not

U.S. airmen and Polish officers practice predicting in Grafenwoehr.

See page 4.

Index

Editorials	2
News	3-6, 12-13
What’s Happening	6
Travel	9
Health	10
Movies	14

Cougars honored for heroism

VILSECK, Germany — Col. Keith Barclay, 76th commander of the 2nd Cavalry Regiment presents Headquarters and Headquarters Troop, 2nd Squadron, 2CR, with a Valorous Unit Award streamer at the Memorial Gym on Rose Barracks, Dec. 12. The squadron and its subordinate units received the award for their extraordinary heroism and action against an armed enemy, while deployed in support of Operation Iraqi Freedom in Balad, Iraq.



Photo by Sgt. Jerry Wilson

The Valorous Unit Award is the second highest award given to a unit and is equivalent to the individual Silver Star.

Cirque Dreams show is coming to Graf

By USAG Grafenwoehr
Family and MWR Marketing
News Release

GRAFENWOEHR, Germany — Armed Forces Entertainment and U.S. Army Garrison Grafenwoehr’s Family and Morale, Welfare and Recreation are happy to announce two fantastic, free shows of “Cirque Dreams Jungle Fantasy” at the Rose Barracks Memorial Fitness Center, Feb. 22, at noon and 6 p.m. Cirque Dreams Jungle Fantasy is an exotic encounter brought to life by an international cast of soaring aerialists, acrobats, jugglers and musicians. The astounding feats are enhanced with spectacular costumes, which were nominated for an American Theatre Wing Best Costume Design Award. From the Butterfly

Ballet and Flipping Monkeys to the Hopping Frog Jugglers and Stretching Lizards, this world-class explosion of athleticism and Broadway theatrics will exhilarate and entertain audiences of all ages. Community members can book their free tickets in advance to guarantee access to the show. Ticket booking opened Jan. 17 at <https://webtrac.mwr.army.mil/webtrac/Grafenwoehrrectrac.html>. Community members can also visit USAG Grafenwoehr Family and MWR facilities. Ticket reservations will be valid until 30 minutes prior to the show. The show is open to ID cardholders and tickets are limited to six per family. Doors open at 11 a.m. and 5 p.m. For more information, call DSN 475-1350 or CIV 09641-83-1350.



Bavarian News

Commander, U.S. Army Garrison Grafenwoehr
Col. James E. Saenz

Public Affairs Officer
Michael Blass
michael.s.blass.civ@mail.mil
DSN 475-8103, CIV 09641-83-8103

Managing Editor
Jeremy S. Buddemeier
jeremy.s.buddemeier.civ@mail.mil
DSN 475-7113, CIV 09641-83-7113

Assistant Editor
Molly Hayden
molly.a.hayden.ctr@mail.mil
DSN 475-8886, CIV 09641-83-8886

Garmisch Correspondent
John Reese
william.john.reese@eur.army.mil
DSN 440-3701, CIV 08821-750-3701

Schweinfurt Correspondents
Eva Bergmann, Charles Stadlander,
Nathan Van Schaik
eva.n.bergmann.ctr@mail.mil
charles.k.stadlander.ctr@mail.mil
nathaniel.t.vanschaik.civ@mail.mil
DSN 354-1400, CIV 09721-96-1400

Hohenfels Correspondent
Mark Iacampo
mark.a.iacampo.ctr@mail.mil
DSN 466-2398, CIV 09472-83-2398

Ansbach Correspondent
mail.ans.pa@eur.army.mil
DSN 468-1600, CIV 09811-83-1600

USAG Grafenwoehr website
www.grafenwoehr.army.mil

Advertising: Retail advertising and classifieds, www.milcom.de, e-mail: ads@milcom.de.
Address: U.S. Army Garrison Grafenwoehr Public Affairs
Attn: Bavarian News
Unit 28130, APO AE 09114

If you have newsworthy ideas or stories to submit, contact the managing editor at 475-7113, or e-mail jeremy.s.buddemeier.civ@mail.mil. The editorial deadline is noon on Tuesday, the week prior to the publication date. Publication dates and submissions guidelines can be found at www.milcom.de. Prior coordination is a must. The final decision on whether content will run rests with the managing editor.

All editorial content is the responsibility of the U.S. Army Garrison Grafenwoehr Public Affairs Office. The Bavarian News is an authorized publication for members of the Department of Defense. Contents of the Bavarian News are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the U.S. Army.

The Bavarian News is published every two weeks by Werbeagentur und Verlag Roswitha Lehner, a private firm in no way connected with the U.S. Army under exclusive written contract with U.S. Army Garrison Grafenwoehr. The newspaper has a printed circulation of 7,000.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Milcom Advertising Agency of the products or services advertised.

Water Tower art by Dane Gray

‘I have a dream’ still inspires

In the Hertling family, we have many traditions. One is listening to the “I have a dream ...” speech every year on Jan. 16. The words and emotions associated with that most memorable oration by the Reverend Dr. Martin Luther King Jr. has always reminded us that the dignity of man is deeply rooted in who we are – and who we should be – as a nation.

Having grown up in the turbulent sixties, I’ve always been interested in the Civil Rights movement. A few years ago, while training at Maxwell Air Force Base in Alabama, I had the opportunity to wander around downtown Montgomery on a free weekend. On a warm Sunday morning, I found the historic Dexter Avenue Baptist Church; several of the congregants were outside after attending a midmorning service, and I drew up the courage to approach a small group, introduce myself, and



tell them of my interest in the history of their movement. They were friendly, and excited to tell me stories.

Several older men told me of the night their pastor Dr. King’s house was bombed, and we walked up the street from the church to see that small home. Some of the older women then told me how they had participated in the Montgomery-Selma marches, and they relayed their struggle. Others spoke of the young children who were killed while attending Sunday school in a church bombing.

During our conversation, we strolled to the Civil Rights fountain, and one older gentleman relayed his personal knowledge of the several people who were memorialized on that beautiful sculpture outside the Civil Rights Museum. This was living history, and listening to these wonderful people was one of the better memories of my life. They all agreed that were it not for Dr. King, their lives and our nation would still be very different today.

In our military, we have celebrated stories of African-American patriots. We celebrate the 186,000 Soldiers that fought from first shots

at Fort Sumter to final hours of Gettysburg. We honor the legendary Tuskegee airmen that braved the skies in World War II. Many know the inspiring stories of William Harvey Carney, the first African-American to earn the Medal of Honor or Colin Powell, the first African-American to serve as the chairman of the Joint Chiefs of Staff. All are stories of inspiration, justice and acceptance. These are stories of leaders, and these are stories from those who are led; they are stories of those who fight for the dignity of man, while they fight for their own self-dignity. And they are stories that reflect the beliefs and the words of Dr. King: “Injustice anywhere is a threat to justice everywhere.”

Our Army was and is a part of the Civil Rights struggle, and we are better for it every day. That’s why Martin Luther King Day, to me, is a time to reflect on who we are, and what we can be. Enjoy the holiday, be safe, and take a moment to reflect on our history and our future.

*Lt. Gen. Mark Hertling
Commander,
U.S. Army Europe*

Family pay increases explained

By Capt. Carl Brooker

*JMTC Office of the
Staff Judge Advocate*

The Legal Assistance Center at Rose Barracks helps clients with many issues including wills, divorces, child support, Financial Liability Investigations of Property Loss (FLIPLs), Noncommissioned Officer Evaluation Reporting (NCOER) rebuttals and a host of other cases that can impact a Soldier’s readiness. However, one of the most often seen and misunderstood obligations is for family support under AR 608-99.

AR 608-99 is the Army’s way of giving family support until either a divorce, outside agreement between the spouses to pay a different amount, or a court order. The obligation arises when the Soldier is ‘separated’ from his family. Most often this involves separation before a divorce/or early return of dependents (EROD).

A common misconception about the payments is that they have to be

all of a Soldier’s basic allowance for housing (BAH) – this is not correct. A Soldier only owes his separated family the amount set forth in the table, commonly referred to as BAH TYPE 2/WITH. Additionally, a Soldier only owes the payments if the supported family members are not in government-provided quarters (e.g. off-post housing).

Historically there was a BAH amount paid by DFAS, but due to name changes DFAS now calls this the “Non-Locality BAH Rate.” It is important to note that this is the same as the BAH TYPE 2/WITH.

Most Soldiers know about their obligation under AR 608-99 to support their separated family members. What many Soldiers do not know is that the amount owed is tied to inflation and can increase or decrease annually. DFAS recently published the 2012 rates for all Soldiers regardless of location. The table of rates is published at: <http://tinyurl.com/bnw4yej>.

For example, this year a private first class’ payment owed increased

to \$656.40; a specialist now owes \$705.90; and a sergeant’s amount is now \$812.10. These rates were effective January 1, 2012.

The regulation states that the amount is not due until the first day of the following month, so a Soldier should increase the payment for his first payment on the first of February.

A Soldier who owes AR 608-99 payments should set up a direct allotment through MyPay to a checking account that only his spouse has access to, not a joint account. This gives a legal paper-trail if there is a dispute that the amount was paid and only accessed by the spouse.

If you are currently paying spousal support under AR 608-99 and want to verify you are paying the correct 2012 amount, make an appointment at the Rose Barracks Law Center to see one of the legal assistance attorneys to discuss your case and the correct amount to pay.

For more, contact the Legal Assistance Center at DSN 476-2289, CIV 093144-76-2289.

Soldier found guilty of larceny

By JMTC Office of the
Staff Judge Advocate
News Release

At a general court-martial convened in Bamberg, Germany, Dec. 20, Staff Sgt. Joshua Alaniz, Headquarters and Headquarters Battery, Fires Squadron, 2nd Cavalry Regiment, was found guilty, in accordance with his plea, of one charge and one spec-

ification of a violation of UCMJ Article 121, larceny of government property, overseas housing allowance. An enlisted panel sentenced Alaniz to be reduced to the grade of specialist (E-4), to be confined for a period of 179 days, and to be discharged from the service with a bad-conduct discharge.

At a special court-martial convened in Ansbach, Germa-

ny, Dec. 6, Pfc. Roy D. Tindal, E Company, 5-158th Aviation Regiment, 12th Combat Aviation Brigade, was tried by an enlisted panel and found not guilty, in accordance with his pleas, of one charge and one specification of a violation of UCMJ Article 120, aggravated sexual assault, and one charge and one specification of Article 128, assault consummated by a battery.

Soldiers have the right to remain silent

If you’re a Soldier and are questioned by law enforcement, CID or members of your command about suspected acts of misconduct, you have the absolute right to remain silent. You have the right to refuse to answer any question, even from your commander, and you have the

right to talk to an attorney. If questioned, you should immediately demand to speak to an attorney.

As a Soldier, you are entitled to free consultation and representation by a military defense counsel. All communications with a trial defense attorney are privileged and will

not be released to your command.

Let a U.S. Army trial defense attorney help you. Call to speak with a free trial defense attorney.

Grafenwoehr: DSN 475-8861, CIV 09641-83-8861 (also services Garmisch and Hohenfels).
Rose Barracks: DSN:

476-2291, CIV 09662-83-2191.

Katterbach (Ansbach): 467-2474, CIV 09802-83-2474.

Schweinfurt: DSN 353-8400, CIV 09721-96-8400.

Bamberg: DSN 469-8620, CIV 0951-300-8400.

ACAP can help with transition

“Not a day goes by when I’m not awed by our troops, by the strength of their character, and by the depth of their commitment and the incredible sacrifices that they and their families make on behalf of our nation’s freedom and security.”

-President Barack Obama

Over the next five years, the Army is going to draw down the size of our active force by at least 50,000 Soldiers. This is a huge shift for our Army, as we will have to make some tough choices on who we will retain and who we will ask to leave the service.

We’re also drawing down the same time our country’s unemployment rate is extremely high. Right now, more than 850,000 veterans are looking for jobs.

We owe it to our veterans, the ones who have fought and bled for this country, to give them the necessary tools to find work after leaving our service.

Recently, the commander-in-chief signed into law a tax credit for businesses who hire a veteran, saying in his speech that “for businesses out there, if you are hiring, hire a veteran. It’s the right thing to do for you, it’s the right thing to do for them, and it’s the right thing to do for our economy.”

But more than just a tax credit, the president also announced three executive actions specifically tailored for veterans looking for work.

The first is a Veteran Gold Card, which gives veterans access to career services and includes six months of personalized counseling at one-stop career centers around the United States.

The government also launched an online tool called, “My Next Move” that allows veterans to enter information about the skills they’ve used in the military and how that matches skill sets on the civilian side.

Finally, President Obama announced a new online service called Veterans Job Bank which partners with leading search engines that directly connect unemployed veterans to job openings.

For the Army, we rely on the Army Career and Alumni Program as a huge part of the transition process. ACAP’s goals are simple: reducing the more than \$500 million a year on unemployment compensation payments made to recently separated Soldiers and providing detailed job assistance training, counseling and resources to quickly find a job.

We must allow our Soldiers to attend the entire program, and not just a few hours a week, or when it’s convenient for the command. An Army Research Institute study showed that the full use of all ACAP services reduces the time it takes for a transitioner to find a job and increases the amount of money they earn.

Again, we must manage this transition, and give our Soldiers and their families every opportunity to succeed. I expect that all our NCO leadership, from the first line supervisor to the nominative sergeants major, are pushing our Soldiers to attend ACAP, and ensuring all Soldiers know the tools available to him or her during this transition.

We owe it to our Soldiers, and we owe it to our veterans.

*Sgt. Maj. Raymond F. Chandler III
Sgt. Maj. of the Army*

That Guy.com





Community members capture the spirit of Christmas

AFN Bavaria and The Exchange would like to congratulate December's Photo of the Month winners.

Clockwise from above are Tara Thomsen's first place photo of the Nuremberg Christmas Market; Kelly King Judd's

(Katterbach), third place photo, also from the Nuremberg Christmas Market; and Hohenfels' Latifah Parker second place photo of baby Santa.

Photo of the month winners from 2011 will compete for the photo of the year

grand prize, a \$100 gift card toward a new digital camera.

The grand prize winner will be announced from AFN's live remote from the Edelweiss Lodge and Resort, Jan. 23, during the 9 o'clock hour.



Courtesy photo

FRG members from HHC, 3-66th Armor Regiment, display the donations from a recent care package drive. The FRG is asking community members to donate crayons, socks and winter clothing, which will be sent to children in Afghanistan.

Community sends hope downrange

FRGs collect supplies for Afghani children

By Myriam Nicodemus
Contributing Writer

GRAFENWOEHR, Germany — Soldiers from Headquarters and Headquarters Company, Task Force 3-66 Armor Black Knights, currently deployed in Afghanistan, saw a need for everyday necessities that most people take for granted. Seeing the local children of Afghanistan living without many of the basic needs, including school supplies and warm clothing, they knew they had to do something to help. Lt. Col. Curt Taylor and Command Sgt. Maj. Dan Robbins reached out to family readiness group leaders to get involved and asked if there was anything that they could do to get the word out.

"After realizing the huge success that our care package drive for our Soldiers had, we wanted to do the same, but this time focus our attention on the children of Afghanistan," said FRG leader Marisa "Mimi" Knight.

Donations started to pour in immediately from the local community as well as from community members in Schweinfurt and the U.S., but more donations are needed.

FRG leaders will collect donations in front of the Main Post Exchange and Commissary Feb. 17-18 from 10:30 a.m. to 6 p.m., and Feb. 19 from 11 a.m. to 4 p.m.

Donations will be accepted through the end of April and FRG members are willing to pick up donations personally, as well.

Donations will be sent downrange for Soldiers to pass out to local communities surrounding their forward operating bases. Gallon sized bags filled with treats for children will be handed out along with donations. Bags will likely include snacks, school supplies, small toys and hygiene items.

Community members are asked to donate crayons, coloring books, personal hygiene items, socks, school supplies, individually wrapped non-perishable snacks, gently used clothing (especially winter clothing) and gently used toys.

For more information, or to schedule a pick-up, contact Marisa "Mimi" Knight at mrmknknight@gmail.com.

German teachers from Parsberg visit Hohenfels Middle-High

Local students adapt to different teaching styles

By Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — The second phase of Hohenfels Middle High School's partnership with the Parsberg Gymnasium kicked off recently when several Parsberg teachers were invited to lead classes at Hohenfels. (Gymnasium is the equivalent of high school in Germany.)

Gymnasium Director Eckard Fruhmarm attributed the creation of the partnership to Lt. Col. Kevin J. Quarles, U.S. Army Garrison Hohenfels commander, and the county of Neumarkt.

"In November, (HMHS Principal Daniel) Mendoza and his teachers visited our school in Parsberg and now we are coming here to have a look at your system, which is quite different. You can't compare it in hardly any aspect," said Fruhmarm.

Hohenfels instructor Paula Oesterreicher, who has taught within both systems, agrees.

"I taught in the German system for four years," she said. "After 28 years in the American system, I wouldn't trade, but I sometimes have my flashbacks and a bit of a wounded heart. I miss the very structured way we teach in the German system, but we have a very different way of teaching in the American system."

Visiting teachers led classes in math, Spanish, language arts, computer technology, Latin and history.

"The biggest problem was getting German teachers fluent enough in English to teach," said Mendoza.

Computer technology teacher Florian Thomann ruefully agreed. "I don't really talk that much in English. It was difficult for me to teach in what is not my native tongue."

Hohenfels teacher Mini Delamarter-Lefebvre, who had participated in the earlier exchange, sat in with her German counterpart and said the class was well received.

"The (Hohenfels) students at first reacted just like the German students had to us — they were not engaging and were very stand-offish, but once they got going, students are students," she said.

Sabine Schmieder taught a class on German history and said she was amazed at what the students already knew.

"I was doing something on the two Germanys, and I thought they've never heard that there were two Germanys — but they knew all about the wall and the fence — actually, they knew everything already!"

The advanced placement students in language arts were exposed to Latin for the first time by Doris Auer. Latin is still taught in German schools and is necessary to pursue many subjects.

"They were surprised that so many English words were derived from Latin," said Auer, whose instruction also included the influence of Roman culture on present day America and American language.

Fruhmarm said one of the major differences he noted was in math class.

"My impression is (American) pupils are accustomed to a more practical approach to mathematical matters, and the German system is normally to approach in a theoretical way," he said.

Parsberg mathematics teacher Sabine Mueller mixed her lesson between theory and practical work.

"I enjoyed it," Mueller said. "(The students) were pretty interested. They really had to rearrange things and they weren't prepared for that."

"The purpose of today was to expose American students to the German way of teaching, their philosophy of teaching, and ... I think it's been a great experience," said Mendoza. "That's exciting."

Teachers from both countries agreed that American schools are more technology oriented, and the Parsberg instructors were surprised at the small class sizes at Hohenfels.

"But the students look the same; they are the same," said Schmieder. "I don't think the students are any different."

Paying the piper



Photo by Jeremy S. Buddemeier

Tracy Cooklin, a tax preparer at Grafenwoehr's Main Post, assists a Soldier with his tax return last year. Tax centers open Feb. 1 in Bavaria.

Tax centers in Bavaria

Ansbach/Katterbach
Katterbach Kaserne, Bldg. 5817 (Law Center)
DSN 467-2324, CIV 09802-83-2324

Ansbach/Illesheim
Stork Barracks, Bldg. 6506 (Law Center)
DSN 467-4511, CIV 09841-83-4511

Bamberg
Warner Barracks, Bldg. 7000 (Law Center), 4th floor
DSN 469-8261, CIV 0951-300-8261

Garmisch
Artillery Kaserne, Bldg. 203
DSN 440-3516 CIV 088217-50-3516

Grafenwoehr
Main Post, Bldg. 216, 1st floor
DSN 475-9258, CIV 09641-83-9258

Hohenfels
Bldg. 313 (Law Center)
DSN 466-2836, CIV 09472-83-2836

Schweinfurt
Conn Barracks, Bldg. 1 (Law Center)
DSN 353-8286, CIV 09721-96-8286

Vilseck
Rose Barracks, Bldg. 245 (Law Center), 1st floor
DSN 476-2714, CIV 09662-83-2714

Savvy fifth-grader wins geography bee

Greenley moves on to next round

By Rhoda Wilner
Netzaberg Elementary School

The fact that Big Ben and the Tower Bridge are famous landmarks in London was what fifth-grader Alexander Greenley needed to know to win the 3rd Annual Netzaberg Elementary School Geography Bee, Jan. 10.

Greenley moved on to the next round of the competition. The competition began with 17 confident fourth and fifth graders attempting to correctly answer questions about U.S. and world physical and cultural geography. Among many other geographic facts, they knew that Mississippi has a more humid climate than Nevada, that Mumbai is a major port city in India, and that the Cape of Good Hope is located

near the southern tip of Africa. Alexander said his first bee experience "was hard but I learned a lot. It was a great experience!" As a first-time participant, Alexander has been studying for this competition since October, practicing for about 15 minutes every day. Runner-up, fifth-grader Chase Moore, found that his second Bee "helped me overcome my fear of speaking in

front of people. I am confident that the next time I am in a bee, I can win it." Chase joined an after-school geography bee club and participated in weekly practice bees.

Between the two of these boys, they have travelled to more than a dozen European countries including Spain, Austria and Poland, experiences that were bound to help them shine at this year's bee.



As winner of his school-level bee, Alexander will proudly represent Netzaberg

Chase Moore and Alexander Greenley compete in the tie-breaker round of the 3rd Annual Netzaberg Elementary School Geography Bee, Jan. 10.
Photo by Kristie Mashburn

Elementary School as he advances to the next level of the National Geographic Bee, a written test that will determine the state competitors and a chance at a \$25,000 college scholarship.

Meteorologists weather training



Storm clouds gather as Polish Air Force Capt. Sebastian Bernatowicz, a weather forecaster in the Polish Military Hydrometeorological Service, makes a test reading during the USAREUR 7th Weather Squadron's Cadre Focus winter exercise, Dec. 6.

Story and photos by
Michael Beaton
7th U.S. Army JMTCC Public Affairs

GRAFENWOEHR, Germany — It's been 67 years since Air Force Capt. J.M. Stagg, a military meteorologist, readied himself to deliver his most difficult weather forecast. As he walked down the hall to the London office of the commanding general to present the forecast for the next two days, he steadied his nerve and prepared for the worst.

He would have to tell the general that the operation, planned for the next day, June 5, would have to be postponed at least a day, perhaps weeks. Under his arm was a folder with a second forecast that said there was a chance that the weather would break on June 6, but the present forecast made the general's plans extremely risky. As he arrived at the general's door he prepared himself to deliver a frank "no-go" to the general's plans.

It was June 4, 1944, one day before the planned invasion of Europe known as Project Overlord or D-Day. Supreme Allied Commander Gen. Dwight D. Eisenhower, on Stagg's advice, decided to hold off the invasion. Eisenhower knew Stagg was no 'yes-man' and respected his ability to predict the weather. Two days later, Stagg's forecast was vindicated. Stagg had forecast better weather for a short time on June 6, and this was good enough for Eisenhower to send over 500 warships and 3,000 landing craft toward the French beaches at Normandy.

Today at the U.S. Army's Joint Multinational Training Command, Air Force weathermen from NATO and partner countries use more sophisticated technologies than Stagg, but their mission has remained the same: to assemble the right weather information quickly and accurately so that military planners and leaders can make the right decisions during military operations.

"Weather forecasters depend on technology, of course, but common-sense observation is still trump when making a forecast," said JMTCC's chief weatherman, Air Force Maj. Richard Earnest. "Weather affects everyone, and when applied to a military mission, it can impact the smallest tactical to the broadest strategic decisions that affect military training and operations."

Earnest is with Detachment 2, 7th Weather Squadron, located at the Grafenwoehr Army Airfield. The detachment provides liaison support to JMTCC, the Joint Multinational Readiness Center in Hohenfels, the 2nd Cavalry Regiment, 172nd Infantry Brigade and C Company, 5th Battalion, 158th Aviation Regiment.

As a secondary role, Detachment 2 hosts Exercise Cadre Focus twice a year, a weeklong training event at JMTCC that prepares USAFE weather forecasters and multinational partners for downrange deployments in support of the Army, Air Force and joint operations.

See POLISH, page 13



Photo by Sgt. 1st Class John Wollaston
A combined team of troopers from 1st Squadron, 2nd Cavalry Regiment, and German Soldiers from the 112th Panzer Grenadier Battalion transport a casualty during the Spur Ride portion of the Twin Eagles training event on Rose Barracks, recently.

War Eagles earn spurs

By Sgt. Jerry Wilson
2CR Public Affairs

VILSECK, Germany — Soldiers in a cavalry unit have the unique opportunity that others don't, the chance to earn their silver spurs by participating in a Spur Ride. Many Soldiers stationed in Germany have the chance to earn the coveted German Marksmanship Award by participating in a Shuetzenschnur. The War Eagles of 1st Squadron, 2nd Cavalry Regiment, along with their German partners from the 112th Panzer Grenadier Battalion, took the opportunity recently to kill two birds with one stone by combining the two events into an operation known as Twin Eagles. The event was held Dec. 5-9 as part of the squadron's German-American Partnership Week.

"This is a combined event with our allies," said 1st Lt. Duncan Moore, 3rd Platoon leader, Comanche Company. "It allows us to get to know the Germans and their culture and helps to strengthen our relationships with them."

According to Moore, events such as these allow both units to build trust and relationships that are crucial when working together in a combat environment.

Both units value the importance of personal relationships that are built between the German and American Soldiers during these types of events.

"It is very important to get to know each other on a personal level," said Lt. Johannes Klein of the German 112th Panzer Grenadiers. "When working together downrange, it is good to have developed lasting impressions during training."

"Here and now we can build up trust," Klein continued. "We get to see how professional each individual is and how eager they are to learn about one another."

The four-day event concluded with an awards banquet.

Operation Iron Panzer bolsters partnership

Story and photo by
Sgt. Jerry Wilson
2CR Public Affairs

VILSECK, Germany — The ground in Grafenwoehr Training Area erupted, Dec. 8, as the Wolfpack troopers of 3rd Squadron, 2nd Cavalry Regiment, joined forces with their German partners of 4th Company, 104th Panzer Battalion, for Operation Iron Panzer. Iron Panzer is a combined live-fire exercise that incorporates both the German Leopard II tank and the Stryker Mobile Gun System vehicle.

Maj. Kenneth Reed, 3rd Squadron operations officer, said it was the first combined live-fire operation the two battalions have conducted in three years, and the first which involved the MGS system and the Leopard II tank.

As more and more countries continue to work side-by-side downrange, cooperation between partners like 2CR and the 104th Panzers has become vital. Accord-

ing to Reed, these exercises help units develop a better understanding of each other.

"It gives us a chance to see how the Bundeswehr operates and gives them an opportunity to see how we operate," Reed said. "It really validates the security and cooperation mission here in Europe."

"We can't succeed without our allies," Reed continued. "Our countries have to work together downrange and it has to start here at home station with the fundamentals that make us successful in battle."

The importance of combined training was equally felt by the Soldiers of the 104th.

"This exercise gave us the opportunity to be prepared to link up with any American forces in Afghanistan and work with them," said 1st Lt. Michael Meiser, acting commander of Headquarters Company, 104th Panzer Battalion. "We don't have time to train like this downrange."

According to Meiser, missions



Soldiers from the 104th Panzer Battalion maneuver their Leopard II tank toward their next firing position during the Iron Panzer training exercise.

such as these help German soldiers improve their communication skills with their coalition partners.

"It forces us to speak English," Meiser said. "This is what we are lacking in the German army, the ability to speak it fluently in order to understand each other during a mission."

The partnership between the Wolfpack and their 104th counterparts began in 2009. Through a series of team-building events and training exercises both units have established strong bonds that are expected to last for many years.

Sniper classmates form strong bonds, break cultural barriers

Story and photo by
Charles Stadtlander
USAG Schweinfurt Public Affairs

HAMMELBURG, Germany — No matter which country's uniform Soldiers wear, the challenges they face and the triumphs they enjoy are often the same: long hours spent in formation; weeks spent in training, listening intently to learn about the dangers they'll face in war; developing nerves of steel while standing at attention while a first sergeant looks them over; and the pride of getting pinned with an award by a commander.

So the bonds were formed quickly and deeply between young enlisted Soldiers from both the U.S. and Germany at a recent sniper course held here at the German Army's Infantry School. Troops from the Bundeswehr and USAG Bamberg's 42nd Route Clearance Company, 54th Engineer Battalion, 18th Engineer Brigade took part in the three week school.

"These guys were so helpful," said Pfc. Chris Alston about his Bundeswehr companions. "They showed us around, they took us to a great German restaurant. Sometimes even when they couldn't think of the English word for something they'd go out of their way to find the right way to talk to us."



From back, Maj. Gen. Robert Brown, Col. Walter Piatt and Command Sgt. Maj. Steven McCaflin of the Maneuver Center of Excellence and Infantry School at Ft. Benning, Ga., watch snipers from the Bundeswehr at the German Infantry Academy in Hammelburg. The U.S. command team's visit was part of an exhibition of recent graduations of both U.S. and German soldiers from the school's sniper course.

Alston was joined in the training by fellow U.S. Army Spcs. Joseph Teresi, Dustin Eudy and Matthew Lambert. The four of them agreed that the training was like nothing they'd encountered before in the Army.

But the friendship didn't only run between the young participants. At all levels of leadership, cooperation is rampant between the two nations.

"This is all great stuff," said Maj. Larry Caswell of the 18th Engineer Brigade. "It makes sense that the guys should be training like this. This is how we deploy, anyway. It's all about

primary infantry training location.

For the young Engineers, receiving awards of achievement from a foreign army is a huge accomplishment in itself. But to be awarded by a two-star general proved a rare treat indeed. The Soldiers snapped to rigid attention, and repeatedly answered Brown with a clipped, enthusiastic "Hooah, sir."

"Hopefully this training will help you guys a whole bunch," said Brown as he handed the distinctive silver cable bearing a gold medalion to the Soldiers with a friendly smile and an encouraging clap on the shoulder. "We're proud of what you've done here."

When Capt. William Murray, the company commander of the 42nd Route Clearance Co., told Brown about Eudy's unique excellence among the class of sharpshooters, the general, a career-long infantry officer, was quick to realize the importance of Eudy, who is currently classified as an engineer.

"Eudy was so good at shooting, that when he gets back from his deployment," said Murray with a chuckle, "we've got to look into a re-class."

But the cross-training is not just one-way.

See TRAINING, page 13

FAST Class
Jan. 17-27: Rose Barracks Education Center, Bldg. 223, 8 a.m.-3:30 p.m.
Functional Academic Skills Training provides Soldiers with instruction in reading, mathematics and language skills.
For more, contact the Rose Barracks Education Center at DSN 476-2653/3292 or Main Post Education Center at DSN 475-6219/6786.



**You may be far from home.
But you are not far from family.**

When you've gone far from home to serve, it's nice to know USAA goes just as far to serve you and your family. **USAA Auto Insurance, USAA Renters Insurance and USAA Valuable Personal Property Insurance** are designed to cover your possessions wherever you are around the globe. For added convenience, you can access your accounts online or via mobile phone from anywhere. Trust USAA to cover you and the things that matter to you, wherever you serve.

**For your insurance needs while abroad,
switch to USAA today.**

00-800-830-72690 | usaa.com



Insurance Banking Investments Retirement Advice

We know what it means to serve.®

Mobile phone users in Germany: Dial 0800-2255-288. Then 800-830-72690 when prompted.

Property and casualty insurance provided by United Services Automobile Association, USAA Casualty Insurance Company or USAA General Indemnity Company which are domiciled in Texas and are licensed in all 50 United States and D.C.; Guam, Puerto Rico, and/or the Virgin Islands; or USAA Limited, which is domiciled and licensed in the United Kingdom and authorized under the Freedom of Services Directive in Azores, Belgium, France, Italy, Netherlands, Portugal, Spain and Greece. USAA DfD operates in Germany as a branch office of United Services Automobile Association. Coverage descriptions are brief and subject to the terms of the policy. Not all products are available to all applicants in all locations. Product availability may vary in some foreign locations due to local laws and restrictions. Membership eligibility restrictions apply to purchase of property and casualty insurance. Eligibility may change based on factors such as marital status, rank or military status. Applicants must meet underwriting guidelines. © 2011 USAA. 124890-1111

Cause for Applause



Photo by Kim Migut

INDIANAPOLIS — Judith Gilliam smiles after receiving a Commander’s Award for Civilian Service from Col. Eric Waldkoetter, national coordinating counsel for the U.S. Army’s Office of Soldiers Counsel, during an awards presentation. Gilliam served as a paralegal in the Office of Soldiers Counsel-Medical Evaluation Board/Physical Evaluation Board on Rose

Barracks, assisting wounded and disabled Soldiers in completing disability evaluation for retention or retirement. She reviewed medical records, researched medical conditions, prepared legal documents, and assisted other paralegals and military attorneys located throughout Europe with case preparation. The military equivalent of this award is the Army Commendation Medal.

Rematch ... on ice

WEIDEN IN DER OBERPFALZ, Germany — The Ansbach Choppers ice hockey team came to Weiden ready to play the Bayern Rangers last month.

Quickly jumping out to a three-goal lead, the Choppers took a 6-4 win back to Ansbach. However, it was not an easy win, as the Rangers battled back in the second period and tied the game up at 3-3.

In the third period, with two minutes remaining in a 5-4 game, the Rangers pulled their goalie to put an extra attacker on the ice. This final push fell short, with the Choppers scoring an empty net goal to seal the win.

The two teams will play a rematch in Weiden tonight at 9:15 p.m., and play the Boenheim Knights Feb. 1 at 9:15 p.m., also in Weiden.



Photo by Tammy Hernandez

The teams are gearing up to represent their military communities at the 20th annual USAFE Military Ice Hockey Championships in Garmisch, Feb. 16-18. For more, find the Bayern Rangers on Facebook or visit www.wix.com/basiedog/ansbach-choppers.



Got photos?

If you have photos you'd like to submit for publication in the Bavarian News, send 3-5 of the best ones, along with a short description of the event, the event's name and date to molly.a.hayden.ctr@mail.mil.

What’s Happening

Ansbach Briefs

FRG Child Care Night

Jan. 18: Offered at no cost for mission-related meetings. 6:30-8:30 p.m. All children must be registered with Parent Central Services. Make reservations to CYSS Outreach Services Director: DSN 467-2617, CIV 09802-83-2617.

Parenting class

Jan. 19: Teach your child responsibility and help your family become happier! Love & Logic is all about upping the odds for raising kids who are ready to succeed in the world. 10 a.m.-noon. Register at Storck Army Community Service: DSN 467-4555, CIV 09841-83-4555.

Parents’ Night Out

Jan. 20: Use this Friday night for a fun time without the kids! 6:30-9:30 p.m. Your child must be registered at Parent Central Services for this service at the Katterbach CDC and SAC. Hourly fees and discounts apply. Register at Parent Central Services DSN 467-2533/2531, CIV 09802-83-2533/2531 (Katterbach); DSN 467-4880, CIV 09841-83-4880.

Baby Shower

Jan. 20: Pregnant or a new mom with cabin fever? Come to the ACS New Parent Support Program COMMUNITY BABY SHOWER at the Von Steuben Community Activity Center on Bismarck. Refreshments, games and a raffle for a high chair. Plus information from EDIS, WIC, Community Health Nurse, American Red Cross and 412 FRSA. Call ACS for details: DSN 467-2883, CIV 09802-83-2883 (Katterbach), DSN 467-4555, CIV 09841-83-4555 (Storck).

Ski/Snowboard

Jan. 21: Ski to Lermoos, \$45/transportation, \$59/transportation and equipment. Lessons available with advance notice with certified instructors. 5 a.m. Contact Outdoor Recreation: DSN 467-3225, DSN 09802-83-3225.

Woodshop class

Jan. 21: Certification class costs \$15. Work in the Ansbach Arts & Crafts Center in your free time once you complete this class. You must have certification to use the power tools in the Center, for 18 years and older. 10:30

a.m.-12:30 p.m. Contact Arts & Crafts Center to register: DSN 468-7627, DSN 09802-83-7627.

Dodgeball Tournament

Jan. 21: BOSS & Community Dodgeball Tournament, \$5/preregister, \$10/at the door. All teams must have a name and be in costume. 11 a.m. at the Katterbach Fitness Center. Contact the BOSS program to register: DSN 467-2921, CIV 09802-83-2921.

AFAP Conference

Jan. 24-26: Come Make a Difference in your community. 8-5 p.m. at the Von Steuben Community Activity Center on Bismarck Kaserne. Contact Army Community Service for details: DSN 467-2883, CIV 09802-83-2883 (Katterbach), DSN 467-4555, CIV 09841-83-4555 (Storck).

Coffee Tuesday

Jan. 24: Come to Storck ACS to meet new people, 1-3 p.m. For more DSN 467-4555, CIV 09841-83-4555.

Garmisch Briefs

Night skiing

Jan. 18 and Feb. 1: A quad chair, a huge groomed run, and the place to ourselves. What more do you want? Cost: \$39 adults, \$29 child includes transportation and lift pass. \$10 equipment rental.

Night sledding

Jan. 24: It’s the other winter sport complete with adrenaline and lift service. Cost: \$39 adults, \$29 child; includes transportation, lift pass, and sled.

One-day ski trip

Jan. 29: We are off to Axamer Lizum. We want to show you some excellent, lesser-known areas on great big mountains. Cost: \$79 includes transportation and ski pass; \$89 with equipment.

Venice & Verona

Jan. 27-29: On Saturday, visit Venice with its great art and architecture, pigeons in St. Mark’s Square, gondolas and good food. On Sunday, it is off to Verona for a tour of the Romeo and Juliet city with the great Roman Arena. Trip departs Friday, Jan. 27 at 4:15 p.m. Cost: \$290 (museum entrance fees, food, and public transportation will cost extra).

Ladies-only skiing

Feb. 18-20: In the middle of the Oetztaler Alps, mountain summits with their unspoiled ski slopes waiting and within your reach. Over 35km of groomed ski runs, your downhill adventure begins right on the doorstep. Cost: \$279 (\$20 for ski rental).

Men-only ski weekend

Feb. 24-26: Relive history with “The Great War” Ski Tour or conquer the Sella Ronda with over 1,200 kilometers of groomed ski runs covered in perfect snow, exhilarating altitudes and breathtaking views. Cost: \$289 (\$20 for ski rental).

Ski, Board and Bob

March 16-18: The annual Ski, Board and Bob races at the Hausberg Ski area. Events include: The U.S. Forces Open Invitational Championships, Mini Bob Cross Sled Race, Mountain Man/Woman Ski Tour Race, and finally ... The Amazing Race, Winter Edition. Cost: TBD.

Unless noted, all FMWR events meet at the Pete Burke Center. To register for the events contact the staff at the Pete Burke Community Center, DSN 440-2638, CIV 08821-750-2638, or e-mail usarmy.garmisch.incom-fmwr@mbx.odr@mail.mil.

Graf/Rose Barracks Briefs

Estate claims

Anyone having claims on or obligations to the estate of Staff Sgt. Joshua A. Throckmorton, 527th Military Police Company, 709th MP Battalion, should contact Capt. Andrew Altman, summary court martial officer, at DSN 475-7412 or andrew.t.altman@mail.mil.

F-U-N spells fun

Jan. 19: Come join the grizzlies for the big school Spelling Bee and C-H-E-E-R on our spelling stars, 1 p.m. in the Graf cafeteria or MPR. Competitors will be chosen from the third, fourth and fifth grade classes at Grafenwoehr Elementary School. Winner goes on to more competitive bee the district level. For more DSN 475-7133.

Walk-in Vet

Jan. 21: Vilseck Veterinary Treatment Facility, Rose Barracks Bldg. 222 (opposite Tumbleweeds, next to the Launderette), is open 9 a.m. – 1 p.m. for walk-

in appointments, providing more access to care for families and Soldiers outside of normal working hours.

Furry patients can receive basic vaccinations in addition to nail trims, heartworm tests, health certificates, microchipping and over the counter sales & registration.

For more, call DSN 476-2370 or CIV 0966-283-2370.

Bank relocation

The Grafenwoehr Community Bank will relocate to Main Post Bldg. 627 for approximately 10 months during an extensive renovation of its permanent location in Bldg. 105.

The bank will be closed Jan. 23, 24, and 25, while it moves to the new location. Bldg. 627 is located on Sumter Avenue accessible through the adjacent Burke Street parking lot.

For the duration of the renovation and relocation, all night depository services will be temporarily suspended.

Organizations should contact the bank for further information; DSN: 475-6140, CIV: 09641-92240, or by email, Grafenwoehr.bc@dodcommunitybank.com. Bank manager Judith Brown can be reached at: Judith.brown@dodcommunitybank.com.

Tax Center opening

Jan. 30: Join in the opening ceremony of the Rose Barracks Tax Center, Bldg. 245, 10 a.m. Wounded Warriors can receive free tax preparations before the center officially opens, Feb. 1.

STONE at The Zone

Feb. 3: Catch STONE, your all-American local hard rock band, live from 9 p.m. to midnight at The Zone Sports Bar on Rose Barracks.

STONE will perform classic tunes by AC/DC, Godsmack, Metallica, ZZ Top, Hendrix, Led Zepelin, Pearl Jam, Black Sabbath and more.

Baby-sitting course

Feb. 18 & 20: The American Red Cross is offering a free, two-day baby-sitting course, Feb. 18 and Feb. 20; participants must attend both days to obtain a certificate.

The class will include fundamentals of baby-sitting, as well as pediatric CPR & First Aid.

Thanks to a donation from the Vilseck Community and Spouses’ Club, the course is offered for free to military dependents ages 11 to 15.

Classes will be held at the Rose Barracks Red Cross, Building 162. Contact the Red Cross at DSN 476-1760, CIV 09662-83-1760 to make a reservation. Space is limited.

Hohenfels Briefs

Passau, Germany

Jan. 21: Let ITR take you to the beautiful city of Passau, Germany. Visit sights such as the St. Stephen’s Cathedral (Der Passauer Stephansdom) and the “Old City” (Die Altstadt). Passau is also notable for its Gothic and Baroque architecture. The town is dominated by the Veste Oberhaus and the former fortress of the bishop, on the mountain crest between the Danube and the Ilz rivers. Right beside the town hall is the Scharfrichterhaus, an important jazz and cabaret stage on which political cabaret is performed. Bus departs ODR at 7 a.m., cost for transportation is \$55, half price for children younger than 12.

Friendship Dinner

Jan. 27: Dining with the Kontakt Club is a great opportunity to meet new friends, learn more about the club and to enjoy wonderful German food. Meet at 7 p.m. at the Restaurant Gasthof Schnaus in Oberpfraundorf.

Ski trip

Jan. 28: Join ODR for Hohenfels’ annual postwide ski day to Grosser Arber. There will be discounted transportation and lots of special events. Arber has four chair lifts, one Gondola and 15 km of great skiing for the whole family. Bus departs ODR at 6:30 a.m. Cost \$25 for transportation; Lift Ticket 27€/21€ for 15 and younger. Half price rentals available for trip participants and \$20 lessons for beginners.

Winter Aerobathon

Jan. 28: Experience all that the Hohenfels Sports and Fitness program has to offer. Back to back 30-40 minute classes starting at 10 a.m. Body Blast, Zumba, Spinning and Cardio Circuit will be included. Families are welcome to join the fun with Youth Sports providing fitness activities for children ages 3 to 9 including Hop Sports. The entry fee is \$10 for adults, \$5 for children and includes a T-shirt for the first 20 participants who register. Stop by the Post Gym or call Hohenfels Sports and Fitness at DSN 466-2883.

Scholarships

Through Feb. 24: The Scholarships for Military Children Program can help with a \$1,500 scholarship. For information about the program, contact Ric Potteiger, Hohenfels Commissary store director, at DSN 466-3168,

talk with the school guidance counselor, or visit the program website at www.militaryscholar.org or www.commissaries.com.

Hourly care spaces

Call the Child Development Center to reserve a space. Spaces are limited so call DSN 466-4707 today.

Schweinfurt Briefs

Seated volleyball

Jan. 18: The Warrior Transition Battalion-Europe hosts a Europewide Commander’s Cup in Seated Volleyball. The event is today from 10 a.m.-1 p.m. at the Finney Fitness Center. The whole community is invited to watch the demonstration on adaptive sports reconditioning program, and individual and collective warriors’ skills in a competitive setting. For more information, contact Janie Herrema at DSN 354-6717, CIV 09721-96-6717.

Racquetball

Jan. 21 at the Kessler Fitness Center. Invitational Racquetball Tournament open to all adult I.D. cardholders. Male and female divisions will be offered. Registration is Jan. 21 from 9-10 a.m. For more, call DSN 354-6735, CIV 09721-96-6735.

AAFES/DeCA feedback

This is your chance to enact change through feedback in Schweinfurt’s on-post shopping facilities. Bring questions, bring comments, but most importantly bring yourself. All in the community are welcome Tue, Jan. 24, 9 a.m. in the Garrison Conference Room, Ledward Bldg. 206.

Anti-bully Seminar

Schweinfurt’s Child, Youth & School Services brings you this seminar which offers professional advice on how parents and teachers of preschool to high school students can break the cycle of violence. The community-wide presentation will be held Tue, Jan. 24 from 8 a.m.–noon in the Ledward Theater. Seminar speaker will be Barbara Coloroso, author of “Kids Are Worth It!” For more, contact the school liaison officer at DSN 354-6057, CIV 09721-96-6057.

Library Book Club

Jan. 25, 5:15 p.m. in the Ledward Library. This month’s book will be “A Paris Wife” by Paula McLain. For more information, call Pam Rio, DSN 354-6487, CIV 09721-966487 or the library DSN 354-1740, CIV 09721-961740.

Classified Ads

MISC FOR SALE/FREE

In the Ansbach area:

FOR SALE: DEAN AK48 Dreadnought ACOUSTIC GUITAR w/ Hardshell Case. Very good condition. A few light pick scratches on the front and some light scuffs on the back and an abrasion on the neck. This guitar has no cracks or problems or issues and plays wonderfully. Has great sound projection and delivers great tone. Its rosewood fingerboard and comfortable

Communally owned enterprise "Hospitals of the county Amberg-Weizsach"



Hospitals with human touch and professional competence



ST. ANNA HOSPITAL
SULZBACH - ROSENBERG



ST. JOHANNES CLINIC
AUERBACH

www.kh-as.de
info@kh-as.de

St. Anna Hospital
Sulzbach-Rosenberg
Krankenhausstr. 16
92237 Sulzbach-Rosenberg
phone: 0 96 61 / 5 20-0
fax: 0 96 61 / 5 20-210

St. Johannes Clinic
Auerbach
Krankenhausstr. 1
91275 Auerbach/OPE.
phone: 0 96 43 / 9 30-0
fax: 0 96 43 / 9 30-297



The Homestead Properties - Your Graf & Vilseck Temporary Lodging Options

Are you looking for a temporary housing option prior to getting into your permanent home in Grafenwoehr or Vilseck? TDY for a few days or weeks?

The Homestead Hotel in Grafenwoehr and The Homestead House in Eschenbach are ready to serve you!

We also have several other temporary housing options in private rentals and apartments, fully furnished with all you need for a temporary home-away-from-home!

Please give us a call today or email.
Cell: 0162-275-5907;
Email: thehomesteadgraf@yahoo.com
Please visit our website:
www.thehomesteadgraf.com



neck makes it easy to play, and quality sealed tuners stay in tune to keep your sound sweet. I re-strung this guitar <1 month ago (strings have lots of life left). \$140 for both guitar and matching hardshell case (firm). \$100 for guitar alone. Features: Sealed tuners · Mahogany back and sides · Rosewood fingerboard · Spruce top. Contact me to have dig' pics sent. Tel: 0981-2147590 or andy.gerard@yahoo.com.

(X2)

Don't forget to tell them that you read it in the Bavarian News

VEHICLES FOR SALE

In the Grafenwoehr area:

BMW/MINI Military Sales Program Representative

Grafenwöhr - Hohenfels - Vilseck

For stress free consultation and information on this program please send an e-mail with your questions to Bob Helms at bob.helms@bavarianmotorcars.com Showroom located across from Gate 6 - Grafenwöhr

PET CREMATORY

Own crematory near Nuremberg
Individual or cumulative cremation
Pick up service 365 days/year
Urns and accessories
Tax free service
Trust our long experience

www.anubis-petfuneral.com

Free flyers & further information:
0 91 23 / 1 83 50 - 12

ANUBIS petfuneral services • Owner Roland Merker
Industriestr. 22 • 91207 Lauf/Pegnitz • info@anubis-tierbestattungen.de
Easy to find:
Directly on highway no. 9 (Nuremberg-Berlin) exit: Lauf-Süd

Suzuki/Honda/Yamaha/Kawasaki motorcycles for sale. US specs. Unwanted bikes any spec purchased.
www.montanamotorcycles.com
0173 47 48 800

In the Ansbach area:

1993 Benz, Auto Trans, 4 cyl, 4 Door, Snow Tires, 230.000 K's, Clean Inside and Out. Great Transportation ... \$2,500.00. Call 0173-594-4084. (X1)In the

Schweinfurt area:

For sale: 2008 KYMCO Quad (4-wheeler), has a little over 400 kms, top speed is 80kms, blue, automatic, with reverse, has lock case on back, has

trailer hitch, has new battery, blue in color, requires class 3 license to drive, street legal, cover and 1 helmet to go with, asking \$4000 or obo. Don't have time to ride, just sits in garage. Call Chad at 09366-990233 after 1800 or 0170-3893691. Email hofwalt_c@hotmail.com for pictures. (X2)

In the Garmisch area:

1994 Harley Davidson Sportster. 0171-7422650. (X2)

For more classifieds see Page 11!



Surf'n'Talk suits everyone with an unlimited surfing flat rate, free calls to the U.S. and no minimum contract duration

VAT FREE

NEW IN HOHENFELS KELTENWALL HOUSING AND SSQs

TKS A KABEL DEUTSCHLAND COMPANY
www.tkscable.com EXCHANGE

AMP Military Sales



CELEBRATING 12 YEARS OF SERVING YOU



Order Your 2012 Volvo With Our Fantastic Fall Sale And Save Up To \$2600 + Get 20% Off On Factory Mounted Accessories*

* Contact Us For Details

Add Volvo **SAFE + SECURE** Coverage

5 Year/50,000 Mile US Warranty, Scheduled Maintenance, Wear and Tear, and Road Side Assistance Coverage*

* \$400 or \$500 Depending On Model



S60 T6 AWD R 2012 11007150
Passion Red, Offblack Leather, Heated Front Seats, Audio Premium Sound, Sunglass Holder, and much more.

Special Demo Price \$ 34,675



S60 T5 2012 1105602
Black Sapphire, Offblack Leather, Automatic, Premium Package, Climate Package, Dynamic Package, Bi-Xenon Headlights With ABL, Park Assist Front and Rear, and much more.

Total Delivered Price \$ 32,340



C30 T5 R 2012 1106626
Orange Flame, Offblack/Calcite Leather, Manual Transmission, Comfort Chassis, Climate Package, Portable Navi Garmin, and much more.
This Picture is not the actual car.

Total Delivered Price \$ 26,175



C30 T5 R 2012 Demo 1104214
Titanium Gray, Offblack Sports Leather, Automatic, Comfort Chassis, Platinum Package, Heated Front Seats, European Navi Maps, and much more.

Special Demo Price \$ 28,495



S60 T5 2012 Demo 1104217
Flamenco Red, Soft Beige Leather, Automatic, Premium Package, Climate & Technology Package, Multimedia Package, European Navi Maps, Rubber Floor Mats, Styling Package, Rear Spoiler, and much more.

Special Demo Price \$ 33,995



XC60 3.2 AWD 2012 1105703
Black Sapphire, Offblack Leather, Climate Package, Platinum Package, BLIS with Power Foldable Mirrors, Rear Seat Entertainment, Rubber Floor Mats, Tunnel Mat, European Navi Maps. This picture is not the actual car.

Total Delivered Price \$ 40,822



XC60 3.2 FWD 2012 1106689
Black Sapphire, Offblack Leather, Climate Package, Premier Package, Park Assist Front And Rear, and much more.

Total Delivered Price \$ 32,865



XC60 3.2 AWD 2012 1104127
Caspian Blue, Offblack Leather, Climate Package, Premier Plus Package, Rear Seat Entertainment, Rubber Floor Mats, Tunnel Mat, and much more. This picture is not the actual car.

Total Delivered Price \$ 38,372



XC90 3.2 2012 1104253
Caspian Blue, Soft Beige Leather, Automatic, Climate Package, Platinum Package, European Navi Maps, Sirius Satellite Radio, Rubber Floor Mats, BLIS, Tunnel Mat, Cargo Mat, and much more.

Total Delivered Price \$ 39,324



XC90 3.2 AWD 2013 1106831
Savile Gray, Offblack Leather, Automatic, Climate Package, Premier Plus Package, Rear Seat Entertainment, Sirius Satellite Radio, Tempa Spare, and much more. This picture is not the actual car.

Total Delivery Price \$ 40,500



XC90 R AWD 2013 1106747
Twilight Bronze, Offblack Leather, Automatic, Climate Package, Platinum Package, Rear Seat Entertainment, Sirius Satellite Radio, European Navi Maps, and much more. This picture is not the actual car.

Total Delivery Price \$ 43,590



XC60 3.2 AWD 2012 Demo 1102466
Barents Blue, Offblack Leather, Climate Package, Platinum Package, Rear Seat Entertainment, European Navi Maps, Rubber Floor Mats, Tunnel Mat, and much more. This picture is not the actual car.

Special Demo Price \$ 37,995

TRADE-INS ACCEPTED

Ansbach/Illesheim
09802-953531
s.clark@fabergruppe.de

Bamberg
0951-9660617
g.newman@fabergruppe.de

Schweinfurt/Würzburg/Garmisch
09721-946069
davegray@fabergruppe.de

Grafenwöhr
09641-925825
r.heath@fabergruppe.de

www.fabergroup.org



The Alps provide a picture-perfect setting for ski and snowboarding trips, sure to quell the adventurous side of every member of the family.

Piecing together the perfect ski adventure

Outdoor Recreation, local ski clubs bring the mountains to you

By **Jeremy S. Buddemeier**
Managing Editor

GRAFENWOEHR, Germany — When my wife and I moved here from Honolulu more than two years ago we were more than a bit concerned about one thing: winter. Sure, we could handle cold, but Bavarian cold? And after four years in Hawaii, we weren't even sure if we knew what cold was anymore.

As expected, the first winter was brutal — long hours of darkness, digging our car out every morning — but since then we've learned the best way to deal with the elements is to embrace them.

Initially, we took the do-it-yourself route by researching local ski hills and obtaining information by word of mouth. Eventually though, we realized our local Outdoor Recreation office and the Bavarian Ski Club had already done all the legwork, and in most cases could take us to the same places cheaper.

ODR offers a variety of day and weekend trips, catering to everyone from expert snow-shredders to the bunny hill challenged. Trip prices usually include transportation and discounts for ski or snowboard rental (although lift tickets are usually not included in the price), and lessons are available on most trips for a small fee. In some cases, as with Rose Barracks' ODR, if you already have gear, they'll wax the skis or snowboard for free prior to the trip.

Likewise, the Bavarian Ski Club takes a lot of the guesswork out of planning a ski trip. The club only does weekend trips and doesn't offer lessons, but lessons are available at most resorts. In addition, because its members range widely in skiing ability, it's easy to find fellow skiers (and snowboarders) who move at a similar pace, so the break-neck speed skiers aren't always waiting on the Sunday drivers, and the Sunday drivers don't feel guilty about making everyone wait.

The club's last ski trip this year, to Ischgl, Austria, includes a big name concert at the top of the mountain. Last year it was The Killers and the year before Alicia Keys performed. This year's band has yet to be named.

Regardless of whether you take a trip with a group or venture out on your own, the skiing experience here in Europe is markedly different from the United States. For one, the ski resorts here don't coddle you — there are less "out of bounds" signs and everyone is responsible for their actions; little kids coming flying down the hill on toboggans.

Also, the pace is slower. Skiers aren't maximizing their time in terms of the number of runs they get in, it's more about maximizing the enjoyment. You take a few runs, have a bratwurst and some beer, and soak up the sun. Repeat. It's almost like everyone's on island time.

Finally, it's all about the après ski, which is a techno music dance party that shifts into gear as the lifts wind down. Locals take dancing in ski boots to a new level.

When we first arrived the snow was a major concern, now it bothers us when there's not enough.

Grafenwoehr ODR

- Jan. 21, Garmisch Classic Area. \$39/transportation; lift pass 36 euros (adult), 20.50 euros (ages 6-15). Ski/snowboard lessons available.
- Jan. 28, Cross-country ski trip Silberhuetten. \$19/transportation. (Trip is only available for cross country skis. No SB or downhill skis can be used here.) Free basic cross country ski lessons on this trip.
- Feb. 11, Grosser Arber, Germany. \$29/transportation; lift passes 27 euros (adult), 21 euros (ages 6-15).
- March 3, Geisskopf, Germany. \$29/transportation; lift passes 20 euros (adult), 16 euros (ages 6-15).

For daytrips, customers can rent equipment from ODR for half price. Those with can have their skis or board waxed for free. Both offers valid only with a paid seat on the trip. Ski/snowboard lessons \$10. Trips depart from Burger King parking lots on Main Post and Rose Barracks. Call DSN 476-2563, CIV 09662-83-2563.

Hohenfels ODR

- Jan. 25, Ladies ski trip, Brauneck/Lenggries, Germany. \$34/transportation; lift tickets 29 euros (adult), 15 euros (ages 15 and under). Men are welcome but pay full price.
 - Jan. 28, Grosser Arber, Germany. Annual postwide ski day. \$25/transportation; lift tickets 27 euros (adult), 21 euros (15 and under).
- For all daytrips, half price rentals for participants and \$20 lessons for beginners; \$10 lessons for ladies on Jan. 25 trip.

Snowshoe trips

Jan. 22, March 11, Altmuehl River Valley and Castle ruins; Feb. 5, Bavarian Nat'l Forest Park. \$45 (includes instruction, snowshoes and transportation). Call DSN 466-2060, CIV 09472-832060 or find them on Facebook under "Hohenfels Family and MWR."

Bavarian Ski Club trips

- Feb. 3-5, Kitzbuehel, Austria. 260 euros.
 - Feb. 17-20, St. Anton, Austria. 320 euros.
 - March 23-25, Obertauern, Austria. 260 euros.
 - April 20-22, Stubai Glacier, Austria. 230 euros.
 - April 27-30, Ischgl, Austria (top of mountain concert). Cost and band TBD.
 - May 25-28, Landeck, Austria. Waterwater rafting. Cost TBD.
- Trips include transportation, lodging with breakfast & dinner, and lift tickets. One-time membership fee of 20 euros/person (35 euros/family). Visit www.bavarianskiclub.com.

Garmisch ODR

- Jan. 29, Axamer Lizum, Austria.
 - March 4, Berwang/Bichlbach, Austria.
 - March 25, Grubigstein, Austria.
 - April 15, St. Anton, Austria.
- All daytrips cost \$79 (transportation & lift ticket), \$10 more for equipment rental.

Night skiing (Wednesdays)

Jan. 18, Feb. 1, March 7, March 21, Seefeld, Austria. \$39 (transportation & lift ticket), \$29 (ages 6-15), \$10 extra for equipment rental. Departs at 5 p.m., returns at 10 p.m.
Night sledding
Jan. 24, \$39 adults, \$29 child; includes transportation, lift pass and sled.

Weekend trips

- Feb. 18-20, Ladies-only ski weekend in the Oetztal Alps. \$279 (\$20 for ski rental).
 - Feb. 24-26, Men-only ski weekend. Conquer the Sella Ronda. \$289 (\$20 for ski rental).
 - March 16-18, Ski, Board and Bob. The annual Ski, Board and Bob races at the Hausberg Ski area. Cost: TBD.
- Call DSN 440-2638, CIV 08821-750-2638, or e-mail usarmy.garmisch.imcom-fmwr.combx.odr@mail.mil.

Ansbach ODR

- Jan. 21, Lermoos, Austria. Departs at 5 a.m.
 - Feb. 4, Oberjoch, Germany.
 - Feb. 11, Tannheimer Tal, Germany.
 - Feb. 25, Seefeld, Austria.
- For all daytrips, \$45/transportation, \$59/transportation and equipment. Depart at 4:30 a.m. unless specified.
■ March 16-19, Dolomites, Italy. \$349 includes transportation, equipment, lodging with breakfast. Lessons available with advance notice with certified instructors for day and weekend trips. Call DSN 467-3225, CIV 09802-83-3225.

Schweinfurt ODR

- Night skiing at Wasserkuppe, Rhoeun
- Every Saturday, Jan. 21-Feb. 25, from 4-11 p.m. \$35 (includes transportation and rental equipment; \$20 if you bring your own), lift ticket 13.50 euros.
- Weekend trips**
■ Feb. 17-20, Dolomites, Italy. \$349, includes transportation, three overnights with breakfast and dinner, free rental and free, three-hour entrance to pool. Lift tickets (135 euros for three days) not included.
■ March 17-18, Garmisch. \$159 (includes transportation, one overnight with breakfast and equipment). Lift ticket (70 euros) not included. To sign up or check current snow conditions, visit Schweinfurt's ODR or call DSN 353-8080, CIV 09721-96-8080.



Above: A chair lift provides skiers a one-way trip to the top of the Austrian Alps — taking the scenic route. All photos by Molly Hayden



Left: European skiers know the importance of stopping to rest and enjoy the scenery, as seen here on the Stubai Glacier in Austria. Above: Snow bunnies ski and snowboard through the winter wonderland in Obergurgl-Hochgurgl, Austria.

Dental care big part of overall health

Expert shares best practices for strong, healthy teeth

By Col. Glen Fallo

Bamberg Dental Clinic Command



Force health protection is ultimately an individual responsibility and is essential because healthy, fit Soldiers optimize mission success. Although some may argue that oral health is not as significant as maintaining the health of other body systems, diseases of the mouth (cavities, toothaches, infected wisdom teeth, acute gum infections, etc.) can and do degrade individual Soldier mission readiness and capability.

Moreover, Soldiers located on remote FOBs requiring immediate treatment of acute dental problems must often convoy or obtain air transport to the location of a dental officer for care, which ends up pulling multiple Soldiers away from mission-essential tasks and places all involved at risk for enemy attack.

Fortunately, most diseases affecting the mouth are preventable even during the rigors associated

with deployment.

However, all too frequently Soldiers blow off taking care of their mouth (e.g. neglect brushing and flossing) due to the obstacles of living in the field. Many Soldiers fall into the rut of making poor dietary choices such as increasing consumption of coffee, sodas, energy and sports drinks laden with sugar, and adopt harmful habits like smokeless tobacco to help cope with the stresses of deployment, all of which increase their risk of exposure to oral diseases.

During the 502nd Dental Company's recent yearlong deployment to Iraq, the number one complaint by Soldiers who reported to theater dental clinics involved

cavities. Cavities are caused by bacteria that live in your mouth. Tooth decay is an infectious disease just like gonorrhea, pneumonia or tuberculosis. Bacteria feed on what you eat, especially sugars (including sugars in fruit) and cooked starches (bread, potatoes, rice, pasta, etc.). What you may not realize is that MREs by design are highly packed with sugars and starches; and many smokeless tobacco products have sugars added for flavoring.

Within about five minutes after you eat or drink, bacteria in dental plaque begin producing acids as a byproduct of their digestion of your food. Those acids can penetrate and start dissolving the tooth surface and eventually form

a cavity. However, if the acid attacks are infrequent and of short duration, minerals naturally occurring in saliva can help repair the damage by neutralizing the acids and replenishing lost minerals in the tooth surface. It takes about 20 minutes to neutralize this acid attack. If acid attacks are too frequent or sustained, then the neutralizing affect does not occur and the formation of cavities results.

Slugging down a can of Mountain Dew within a couple minutes is far less damaging than sipping on one over the course of an hour or two. Eating a big piece of pie for lunch is far less harmful than sucking on hard candies all afternoon. In general, frequency and duration of intake is much more significant than the amount consumed.

Controlling diet is one way to reduce the risk of tooth decay. Another key component is regular and sustained plaque removal. Remember, the bacteria reside in dental plaque, so if you remove plaque you lessen your risk. Sure, field oral hygiene has its obstacles - no sink, no running water or perhaps a very limited potable water

See **HEALTHY**, page 13

'Toe shoes' require breaking-in period

Easing into new equipment gives the body time to adjust

By Maj. Zack Solomon

U.S. Army Public Health Command

In 1974, Bill Bowerman (co-founder of Nike) created one of the first modern-day running shoes, the "Waffle Trainer" in an effort to create a lightweight shoe that would grip the road. This shoe launched a revolution in running shoe design and probably triggered the explosion in popularity of distance running throughout the United States in the 1970s and early 1980s. Innovative shoe designs multiplied out of demand for more foot cushioning and motion control as people from all walks of life took up running. Shoe midfoot arch construction grew rigid, and heel cushion material was heightened to correct running form and presumably prevent injuries.

Three types of shoes emerged: motion-control shoes for runners with low foot arches, stability shoes for neutral arches, and cushioned shoes for high arches. These designs were meant to make shoe selection easy; runners would first identify their arch type, then they would choose an appropriate shoe, and finally they would begin running injury free. Unfortunately, this system of shoe selection hasn't lived up to runners' expectations as running injuries persisted. As well, multiple U.S. Army Public Health Command studies in basic trainees have demonstrated that shoe selection based on arch type does not reduce injuries.

Now, a new trend, a departure from control and cushioning, has emerged — the minimalist

running shoe. A minimalist running shoe is extremely flexible and low to the ground to create the sensation of barefoot running. By running in a shoe with minimal cushioning, most runners will naturally reduce their stride length to avoid landing painfully on their uncushioned heel. This change in running form reduces initial joint impact and promotes a return to what some consider a more natural foot motion.

The growing popularity of minimalist running shoes in both the civilian and military communities was sparked by the promise of increased running performance and decreased risk of running injuries. Although the jury is still out on whether minimalist running shoes will live up to these expectations, the trend will surely grow as shoe companies expand and market their latest minimalist shoe product lines.

Soldiers interested in making the switch from a traditional running shoe to a minimalist design should exercise caution in doing so because a sudden change in equipment or training can result in sore muscles and joints, blisters and even injuries like stress fractures. The calf muscles will require the greatest adjustment, followed by the muscles of the foot and hamstrings. Running impact forces may also increase temporarily as the Soldier adapts to a shortened stride and forefoot strike.

The following are a few tips to make a smooth transition:

Soldiers should only perform 10 percent of their normal running distance and volume in minimalist running shoes for the first two to three weeks. For example, if a Soldier runs 10 miles per week, only one mile per week should include the use of minimalist running shoes. Traditional running shoes can still be worn the



rest of the time.

No more than a 10 percent increase in distance per week is recommended for at least eight weeks after the initial transition phase. Some Soldiers may take up to six months to get used to running in minimalist shoes.

Avoid running two days in a row in minimalist running shoes for the first four weeks.

Run on different surfaces, such as grass, dirt and pavement, to get used to the feel of the shoes. Make sure the running surface is clear of debris and glass.

Stretching will be very important during the first few weeks to alleviate soreness. Focus on stretching the foot, calf and hamstring muscles.

As with any change in training, a planned transition phase is critical to limit the short-term soreness and potential complications from an overuse injury.

For more or if problems develop from a change in training or equipment, contact your medical provider or physical therapist.

Editor's Note: Maj. Zack Solomon is a physical therapy staff officer for the U.S. Army Public Health Command.

Glaucoma damages eyes, steals sight slowly

By Michael D. Pattison

U.S. Army Public Health Command

January is National Glaucoma Awareness Month. It was set aside to help educate people on the leading cause of preventable blindness in the world. Glaucoma is a group of diseases that damage the optic nerve in the back of the eye and result in a loss of vision.

The biggest problem is that most people are usually not aware of any changes in their sight until they have lost around 40 percent of their total vision. This loss normally starts in the periphery or side vision and can progress to total blindness.

More than two million Americans have glaucoma, with approximately 120,000 being blind because of the condition. The troubling fact is that most experts estimate that half of those people are not even aware that they have

it. The best way to prevent significant vision loss from glaucoma is early detection through a periodic, comprehensive eye examination from an eye doctor. This is especially important in African-Americans, Hispanics, the elderly, and those with a family member who has glaucoma since these people are more likely to have glaucoma. How often a person should be examined can be determined between the individual and his/her doctor. Those in higher risk groups can expect to be required to have an eye examination more regularly.

Vision screenings where only the pressure in the eyes is checked are not the same as a comprehensive eye exam. High pressure in the eyes alone does not necessarily mean a person has glaucoma. Also, a person does not need to have high pressure in the eyes to have glaucoma. So, when you

see an eye doctor, make sure that you ask for a comprehensive eye exam.

If you have glaucoma and it is detected early, treatments such as eye drops or surgery can usually stop or slow the progression of vision loss. Currently there is not a cure for glaucoma, although a lot of research is being done to find one.

One important thing to know is that the vision loss caused by glaucoma does not return with treatment. Any vision loss that has already occurred is permanent. Treatment only stops or reduces the rate of new vision loss, which is why periodic comprehensive eye examinations are so important.

Choosing an eye doctor you are comfortable with also is important because glaucoma, like high blood pressure and diabetes, is a disease which needs to be treated for life. Be willing to discuss any side ef-

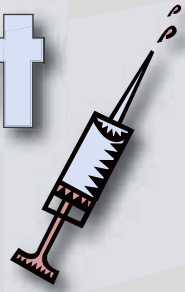
fects or other symptoms you may be having because of the medication, and make certain that you clearly understand and have written directions on how and when to take your medicine. Do not be afraid to ask questions if you do not understand.

For example, does four times a day mean every six hours or four times a day while awake? And make certain that you take your medicine as prescribed. If you cannot get your eye drops in your eye, get someone to help you or ask to be taught a better way.

Remember, the most important thing in preventing the loss of vision due to glaucoma is you. Your sight is a most precious gift. Take good care of it.

Editor's Note: Michael D. Pattison works with the Tri-Service Vision Conservation and Readiness Program at the U.S. Army Public Health Command.

a shot of advice



By Lt. Col. Patrick Hartley

BMEDDAC

Want your health-related question answered? Send an e-mail to Patrick.Hartley@us.army.mil or post your question on our Facebook page at www.facebook.com/bmeddac. Your question may appear in the next edition of The Bavarian News.

Q. I just arrived to Bavaria recently and need a pregnancy test. How do I get this?

Thanks,
Expecting in
Erlangen



Hartley

A. Dear

Expecting,

This is easy. Just go into your local health clinic and tell the staff you need a pregnancy test. They will run the test and if you are pregnant you will be given a referral for a provider on the host nation system.

Please make sure you go into the clinic before 11:30 a.m. for the test because it is best performed in the morning.

It is important to keep your primary care manager informed of any concerns you may have so that they can communicate with the obstetrician and assist you.

Q. I lost my child's CYSS sports physical and now he can't play sports. What do I need to do to get a copy?

Thanks,
Absent-minded in Auerbach

A. Dear Absent-minded,

Thanks for asking about this because many people call me with the same question.

When a patient visits the clinic, the visit is recorded in the electronic record so the physical completed on your son is still on the record.

Each clinic may have slightly different procedures, but in general you should be able to contact the clinic and give them your child's name and date of birth so the record can be accessed.

If the physical is not over 6 months old most often the provider can complete the form again as long as there have been no changes in your child's health.

Please make sure you contact the local clinic and ask about their individual policy, but this is generally an easy fix.

Q. I was just wondering if the hand wipes in the gym and the commissary really help to reduce spreading germs.

Respectfully,
Curious in Kulmain

A. Dear Curious,

This is so important at this time of year with so many of us having colds. The short answer is absolutely yes. Any time you can clean surfaces that many people touch it's a good thing.

There have been many studies on how many times people touch their face during a day. The result is staggering in that adults on average touch their face 18 times in an hour and children do so more than 25 times in an hour. This results in spreading a lot of germs.

The good news is the most of us develop resistance to these common bugs and never get sick, but for some it is not so good. We can spread many cold-causing viruses and never know it, so cleaning the shopping carts and gym machines is the best way to reduce the chances of getting a cold.

The bottom line is to wash your hands often, clean the carts with the wipes provided and clean the gym machines before and after each use. Also remember to get plenty of rest and maintain a well-balanced diet. Every little bit helps in building a healthy immune system.



WANTED

In all areas:

The European Rodeo Cowboy Association (ERCA) is recruiting new participant and non-participant members for the 2012 rodeo season. The ERCA is an IMA-E organization established pursuant to AR 210-22 and AE Regulation 210-22. We are composed of American and European cowboys and cowgirls who come together to participate in and promote the sport of rodeo throughout all of

34 year old single woman black-purple hair, tall is looking for a american male till 38 years.

You should like metal music foot-and baseball and bowling. If you have any tattoos and muscles will be o.k. If you want to know me please write me and send a picture to e-mail steff1996.77@web.de

Just serious answers, please.

Europe. For more information or to request a membership application, please contact the board of directors at europaerodeocowboyassn@hotmail.com. (X2)

HOME RENTALS

In the Grafenwoehr area:

Waiting to move into your new house? Or for your flight back home? And you need a place to stay for a short time?

We have got apartments with 1, 2, 3 or 4 bedrooms, kitchen and bathrooms, completely furnished. Including TV, internet access, washer, dryer, kitchen facilities, parking space. Inexpensive - all inclusive rates - VAT form welcome.

Contact: wolfgangtrenz@t-online.de
 Phone: 0172/6493343 ask for Wolfgang.
www.home-rental.de

Rooms and apartments for rent.

Fully furnished and equipped, kitchen, dining area, SAT TV, internet access via WLAN, cleaning and washing service. Very clean and new.

Short time rentals for contractors welcome.

Call in German, English or Spanish 0172/6493343.
www.home-rental.de

In the Amberg area:

Appartment in a quite location in Amberg for rent. 5 minutes walking distance to downtown, Supermarket just 1 minute. 2 bedrooms, bathroom, built in kitchen, dining area, livingroom, balcony, basement with extra laundry-room & a own parkinglot. Living space 80 sqm. Immediately available.

cell# 0171 1890748 or besc@gmx.eu

In the Ansbach area:

ATTENTION SINGLE SOLDIERS/ COUPLES:

Spacious one bedroom apartment near Katterbach (25 min), Illesheim (15min) & Frankenkasern (5min) for rent! Approximately 1010 sq. ft., 1.5 bathrooms, large, new kitchen, walk-in closet, 2 large balconies, yard and storage space. Bedroom and living-room are about the same size (320sq. ft.) so the apartment is perfect for room-mates. Garage & partly furnished if requested! Call if you are interested: 09843-936034 or 0172-7738679. (X1)

JOB OPPORTUNITIES

In the Grafenwoehr area:

JVC has an immediate opening for an electronics representative in the Grafenwoehr Powerzone. Seeking a

**Tax-Free! Financing!
 12-month Lay-Away!**

Showroom Located in Schweinfurt!



www.furnitureking.info
 Tel.: (09721) 477-0070 or (0171) 146-9658
Open Every Day by Appointment!

knowledgeable, enthusiastic person with good communication skills to work 15 hours a week. Sales experience preferred but not required. Must be an ID card holder. Serious inquiries

If you have something you want to advertise in the classified section go to **www.milcom.de** then click on 'To Bavarian News English' and 'free classified ad'.

only. Contact: Katie Sciuto, JVC Regional Manager, at: 0176-23632497. (X2)

I am looking for a flexible individual to babysit my dog when I travel. Preferably someone without children and experienced with small dogs. Must be a dog lover! Please contact me to discuss further details. Monica 0160-94729246 Or monica.s.najera@gmail.com. (XX1)

PERSONAL

In the Grafenwoehr area:

ATTENTION: NEED HELP WITH YOUR HOUSECLEANING!!! CALL ME AT 09641-9299320R 0176-96988902. WE DO WINDOWS; WALLS, AND IRONING. (X1)

In the Vilseck area:

Beginning 1st Sunday in May 2011 @1030 am at Burg Dagestein Vilseck, 2nd Floor Conference Room. 1st Calvary Missionary Baptist Church, an extension of 1st Calvary Missionary Baptist Church of Hinesville, Georgia will begin services. We are looking for a pastor, deacons, musicians, and choir members. We would like to have a choir concert/contest this fall. Help make this church a home away from home. Call me if interested. Deborah Willis, 0152-2479-7485 or 09665-954-9147. (X1)

In the Ansbach area:

SCA members wanted (current, former, and new) for local group in the USAG Ansbach footprint. For information about this medieval recreationist group, go to www.sca.org. To join in contact Rebecca at locardschild@hotmail.com or 0151-4045-1521. (X1)

In the Schweinfurt area:

Lawn Care Service; Lawn Mowing Hedge Trimming, Other Home Care Services: Negotiable Fees. Call Frank at: 0171-473-9782. (X1)

In all areas:

Wanting to obtain your FCC License? go to www.myfcctesting.com for more information or contact info@myfcctesting.com. (X1)

Next issue: February 1

● DEADLINE: January 24 noon !!!

FEDERALLY INSURED BY NCUA



From top: Soldiers with U.S. Army Europe's 172nd Infantry Brigade and their Romanian allies engage the enemy during air assault training at the Grafenwoehr Training Area in March.

Photo by Sgt. Joel Salgado

Staff Sgt. John Stockton of the Illinois Army National Guard (left) holds open the canopy of a Mi-24 Hind helicopter for Capt. Tony Keel (center) as Sgt. David Sworobowicz (center right) assists.

Photo by Richard Bumgardner



Clockwise from left: Staff Sgt. Salvatore Giunta gives a thumbs-up during a 14,000-foot tandem skydive with Staff Sgt. Joe Jones of the U.S. Army's Golden Knights parachute team. Photo by Staff Sgt. Jared Zell

Capt. Alissa Clark, commander of U.S. Army Europe's Battery A, 5th Battalion, 7th Air Defense Artillery, explains her unit's mission to Secretary of the Army John McHugh during a visit in August.

Photo by Rick Scavetta

Staff Sgt. Eddie Peoples of U.S. Army Europe's 386th Movement Control Team and his sons, 4-year-old Kioni and 6-year-old Ikai, stopped in a local bank May 31 while on leave in Sarasota, Fla. A man with a gun entered the bank, demanded cash and fled. Peoples followed and stopped the robber cold.

Photo by Grant Sattler



US Army Europe looks back at a busy 2011

By U.S. Army Europe
Public Affairs
News Release

HEIDELBERG, Germany — The U.S. Army in Europe team wrapped up 2011 with an impressive series of successes to add to its already distinguished history.

During the year, a new lieutenant general assumed command. USAREUR deployed two ground brigade combat teams and several other units in support of Operation Enduring Freedom; trained an Army National Guard brigade for service in Kosovo; redeployed thousands of Soldiers from Iraq, Afghanistan and the Kosovo Force; took part in several multinational exercises across its 51-country area of responsibility and had numerous Soldiers, civilian employees and family members recognized for their unique achievements.

What follows is a summary of some of the highlights and challenges the Army in Europe experienced during the past year.

USAREUR welcomed a new command staff who brought a renewed emphasis on values, discipline, stan-

dards and professionalism. Lt. Gen. Mark Hertling replaced Gen. Carter Ham as USAREUR commanding general, while Maj. Gen. James Boozler replaced Maj. Gen. Terry Wolff as deputy commander. Just days before 2012 began, USAREUR's senior enlisted advisor, Command Sgt. Maj. Thomas Capel departed for a new assignment with the International Security Assistance Force in Afghanistan. The Installation Management Command-Europe welcomed a new director, Kathleen Marin, in October.

During the year USAREUR deployed three brigades — the 170th Infantry Brigade Combat Team, 172nd Separate Infantry Brigade and the 18th Engineer Brigade — in support of the International Security Assistance Forces mission in Afghanistan. At the start of the year the 12th Combat Aviation Brigade brought home subordinate units from deployments in Afghanistan and Iraq, and during 2011 it provided support to Multinational Brigade-East in the NATO Kosovo Force mission. The 19th Battlefield Coordination Detachment provided direct support to the theater Air Operations Center during opera-

tions in Libya. Soldiers from the 1st Battalion, 4th Infantry Regiment, and 44th Expeditionary Signal Brigade returned from supporting the ISAF mission, as well.

Throughout the year the command conducted a broad range of exercises designed to increase cooperation between partner nation forces. Some of the more notable exercises were the 172nd's predeployment Mission Rehearsal Exercise at the Joint Multinational Training Command in Grafenwoehr, an event that included nearly 800 Soldiers from seven nations. The 173rd Airborne Brigade Combat Team's Full-Spectrum Training Environment included Soldiers from 11 nations, and Rapid Trident, conducted in Ukraine, involved more than 1,400 Soldiers from 13 nations.

In addition to the large-scale exercises several smaller but no less important training events took place during 2011. These included Operation Starlight II in the United Kingdom, which paired up medical troops from the U.S. and the UK; two Combined Training Conferences involving as many as 42 nations, and Operational Mentor and Liaison Team train-

ing for more than 900 soldiers from 11 nations. USAREUR participated in Shared Horizons in the Republic of Georgia, Express 11 in Germany and Immediate Response in Croatia, exercises designed to test crisis and emergency response measures. Soldiers from USAREUR also supported disaster relief in Turkey following a devastating earthquake there in November.

Throughout the year Soldiers, civilian employees and family members continuously earned high praise for their achievements in support of USAREUR and its partner nations. Some of those achievements included five USAREUR members receiving the first-ever Frederick E. Vollrath Human Resources Award for Excellence; two 12th CAB Soldiers recognized as aviator and medic of the year; and two Europe-based broadcasters named the Army's best for 2011. U.S. Army Garrison Wiesbaden was recognized with the Commander-in-Chief's annual Award for Installation Excellence; the USAREUR equal opportunity senior enlisted advisor earned the Roy Wilkins Renown Service Award from the National Association for the

Advancement of Colored People; and a USAREUR Soldier was named as the USO's national volunteer of the year. Several members of the command were also recognized by partner nations for their contributions to enhancing multinational partnership.

Also during the year USAREUR experienced many changes in its footprint. USAREUR began its transition from Heidelberg to Wiesbaden in earnest with the move of the V Corps headquarters there in June. USAG Mannheim cased its colors and deactivated.

2011 was truly a tremendous year for the U.S. Army in Europe. However, the team faced its share of tragedy during the year, as well. Fifteen Europe-based Soldiers died supporting combat in Afghanistan; motor vehicle accidents resulted in 12 fatalities; and a dozen more USAREUR members died due to other causes.

As we enter 2012, USAREUR is dedicated to continuing the great training and great quality of life for the Soldiers, civilian employees and family members assigned here, and performing its strategic mission for the interests of the United States.

US, Polish MPs strengthen partnership

By Staff Sgt. Tramel S. Garrett

18th Military Police Brigade
Public Affairs

MINSK MAZOWIECKI, Poland — Soldiers from the 18th Military Police Brigade teamed with Polish military police unit counterparts to strengthen their long-standing partnerships during a four-day planning session in Warsaw and here Dec. 5-9.

"It's a critical partnership," said Lt. Col. Jonathan Doyle, the 18th MP Bde. deputy commander. "They are a NATO country and maintaining a relationship between sister police forces to foster peace is very important to our mission here in Europe."

"It's good to know what other NATO nations bring to the table," said Capt. George Kilgore, an 18th MP Bde. operations officer.

During the planning ses-

sion the Military Gendarmerie Specialized Unit in Warsaw displayed their capabilities on close protection, transportation, pyrotechnic recognition, military working dogs and special operations.

Additionally, the MGSU in Minsk Mazowiecki introduced the 18th MP Bde. to the vehicles, weapons and equipment operated by their unit.

The training event also focused on weapons handling, cordon and search operations, react-to-contact, urban operations and the spirit of cooperation.

"The Polish are very capable and they have very similar missions. They are professional and very good at what they do," said Doyle.

After the training, both units discussed partnership training events consisting of squad training and participation in each other's future



Courtesy photo

Soldiers from the 18th Military Police Brigade team up with Polish military police unit counterparts to strengthen their long-standing partnerships during a four-day planning session in Warsaw and Minsk Mazowiecki, Poland, Dec. 5 to 9.

training exercises.

"What we saw there was a very well-trained, professional force. As this partner-

ship continues and we work closer with them, both units will benefit from this relationship," said Doyle.

15th Eng. Battalion uncases its colors

By Staff Sgt. Tyneka Rene

USAG Schweinfurt
Public Affairs

SCHWEINFURT, Germany — The 15th Engineer Battalion uncased its colors in a ceremony here, Dec. 16. Since the recent redeployment in late October after a 12-month deployment to Kuwait and Afghanistan, its colors have remained cased, as is tradition in the Army.

The colors were officially cased on Oct. 17, 2011, in Camp Arifjan, Kuwait.

The Soldiers of the 15th Engineer Battalion left a lasting impact on the Kuwaiti and Afghan communities.

They contributed to Operations New Dawn and Enduring Freedom and consistently performed their duties at a level of excellence. This was the first deployment to a combat zone for the 15th Engineers since their reactivation



Photo by Capt. Michael Johnson

Command Sgt. Maj. Bradley Houston salutes Lt. Col. Craig Baumgartner at the 15th Engineer Battalion's uncasing ceremony, Dec. 16.

tion in 2008 a part of the 18th Engineer Brigade.

The battalion's last deployment to combat before this was to the jungles of Vietnam in 1966.

Polish weathermen test skills with 7th Weather Squadron

Continued from page 4

According to Earnest, forecasting today relies on two methods. First, the automated procedures for processing digitized observations give a snapshot of the state of the weather. This is used to create a computer model of the atmosphere that projects the information forward in time to help form the forecast. The second method is the professional judgment of a well-trained Air Force weatherman who is working on site. The two processes are assimilated to produce a balanced, accurate picture of how the weather has evolved. Knitting the procedures together often enough at regular intervals builds up a succession of analyses that a weatherman uses to forecast a weather scenario at a given time in the future.

Setting up and activating the equipment alongside the U.S. airmen at a recent exercise were two Polish officers, Capt. Sebastian Bernatowicz and Capt. Marek Wasilewski, both weather forecasters in the Polish army Hydrometeorological Service. Although their uniforms and language are different from the U.S. airmen, there really doesn't seem to be any hesitation or difficulty in working together or calibrating the equipment.

"Of course we work together seriously, even though we come from different services and far apart countries," said Bernatowicz. "We are all professional weathermen, we are thinking as weathermen, and that's something that makes us a very, very much alike. Our job puts us up against the elements of nature. It involves science, of course, but predictions based sometimes on intuition and personal experience how patterns of weather develop, too."

As he spoke, Bernatowicz and his U.S. Air Force colleagues set up the TMQ-53, a tactical meteorological observing system. The system is a 14-foot tall, relatively light-weight deployable instrument with multiple sensors that collect weather data. The TMQ-53 monitors cloud height and density, humidity, precipitation, temperature, and even such acute atmospheric details such as vertical and surface visibility, present weather, precipitation type and lightning out to 50 nautical miles. After the airmen finished assembling and calibrating the TMQ-53, it was linked to a computer supported software interface that processed the data. The data was then used to develop a local weather forecast.

For 7th Weather Squadron fore-



Airmen from the 7th Weather Squadron, along with officers from the Polish army Hydrometeorological Service, conduct winter training, recently, at the Grafenwoehr Training Area.

casters, the primary mission is to provide a mission execution forecasts and planning forecasts for all of the Army's missions - both flying and ground missions. In this capacity, the forecaster provides pilots with the data they require regarding weather conditions for takeoff, landing and every point in between throughout the U.S. Army Europe area of responsibility.

"The Air Force also provides all the weather support for the Army, so airmen are embedded in all major Army units. We make sure deployed units have constant, up-to-date information at their fingertips to support warfighters," said Earnest.

"Units regularly come to Grafen-

woehr and Hohenfels to train, so we forecast every day for these areas; very up-to-date forecasts that anyone at any level can use, adjusted every hour," said Earnest. "And if need be, every 10 minutes," he added, looking up at the sky.

The weather above the Grafenwoehr Training Area in Germany is legendary among Soldiers, making it an ideal place to train for military weathermen.

During the course of the day's set-up and training, the U.S. airmen and their guests from Poland were pelted with intermittent snow, rain and sleet; experienced bone-chilling winds, frost, and even occasional interludes of brilliant winter sunshine at their

JMTC Tactical Air Navigation site, located less than a quarter of a mile from the tarmac of the training area's airfield.

In 2011 alone, the 7th Weather squadron has trained with over 15 multinational militaries.

"Training with multinational partners gives us a definitive advantage from the perspective of readiness for deployment," said Earnest. "In any coalition situation we would both be making forecasts and carrying them together, so it's important that we are operating the equipment in the same way and compiling our forecasts in a like manner. By training together we have a mutual confidence when it comes to data quality."

Earnest pointed to the handheld module that was beginning to spin out information that his Polish colleague was holding. "Most importantly, I know this guy knows his stuff - we've trained together. There's a familiarity in how we work together and that comes from training together now - and not in a crisis situation, forward, on the battlefield."

We'll be there first and we'll be synced to work together and start feeding data to the Soldiers and airmen who need it - and that is how you win!"

Weight-loss achievable

Continued from page 1

Why the bloated numbers? We could blame it on numerous exterior outlets - video games, sedentary lifestyles, portion sizes, the inherent desire to clean your plate because there are starving children in Africa. (Thanks, Mom). But the real issue may be a lack of understanding of one's own body.

Metabolic testing, a free service offered through the Grafenwoehr Army Wellness Center, helps community members identify how much they need to eat in one day and how many calories their body burns naturally.

"When you begin with the basic understanding of what your body needs, you can then work towards your weight loss goals," said Waller.

During the test, patients breathe steadily into a machine to monitor their resting metabolic rate. Height, weight and body mass index are also recorded.

The test is followed up by a course in basic nutrition, reading labels, weight management, and eating to your metabolism.

This change in diet doesn't mean you have to feast on celery and carrots around the clock. In fact, the biggest misconception in weight loss is the thought that you have to deny yourself the foods you love.



"Generally, it's not what people are eating, it's the amount they are eating or how inactive they are," said Waller.

This is good news. No one has to deny their stomachs of the wondrous Big Mac with its divine special sauce, but a step in the right direction may be to omit the fries, replace your regular soda with a diet soda, or shy away from the super size.

"It's about lifestyle changes," said Waller, adding that ridding your diet of regular soda can achieve a weight loss of up to 10 pounds in one year. While this seems slow and steady, unlike yo-yo diets, the weight will stay off. And your body will thank you for it.

To schedule a metabolic test or fitness assessment, contact the Army Wellness Center at DSN 476-4795, CIV 09662-83-4795.

Healthy mouth holds key

Continued from page 10

supply, lack of toothpaste or tooth brush, but there are some field friendly oral hygiene techniques you can employ. If you cannot brush, wipe plaque from your teeth with a cloth. Rinse or swish with water after eating or drinking sugary drinks. If water is in short supply, it will not harm you to swallow after you rinse. Brushing without toothpaste will still provide a benefit by removing bacteria. Water is not necessary when brushing your teeth with toothpaste.

If fact, even if water is available it is better to not rinse to allow the fluoride in toothpaste to soak into tooth surfaces longer. Just spit out the excess toothpaste which foams up. Fluoride from toothpaste and drinking water can make teeth more resistant to decay. You should ideally wait about 30 minutes after brushing before eating or drinking. You should try to brush for at least two minutes (most spend only 30 seconds or less) at least twice a day and most critically before you go to sleep when the

flow of protective saliva diminishes.

Chewing xylitol gum can help fight decay because it reduces the acid producing bacteria, in addition to, the effect gum chewing has on increasing salivary flow. Xylitol gum is put into MREs and is available in many dining facilities downrange (For example, Ice Breakers Ice Cubes). Xylitol gum should be chewed after meals if brushing is not possible. Maximum benefit is gained by chewing xylitol gum for at least five minutes, three to five times a day.

Don't forget to floss, too, at least once a day. Toothbrush bristles will not reach in between teeth. So if you are not flossing, then you are not removing plaque from 40 percent of tooth surfaces.

Good oral hygiene will not only reduce the risk of getting cavities but additionally reduce acute gum problems such as gingivitis, gum abscesses and trench mouth, and infections around erupting or partially exposed wisdom teeth, which are other common problems experienced during deployment.

Volleyball game starts from the ground up

Continued from page 1

squared off against the wounded Soldiers during the exhibition. Though the student-athletes were experienced and avid competitors, they faced a new challenge when they took the seat across the net from the Warrior Transition troops.

The scorekeeper found it tough to keep up with the number of points the Soldiers were racking up. The frustrated cries mixed with gleeful laughs from the women's team as they struggled to get a grip on the game in its adapted form. The Warrior Transition Unit was seasoned at playing seated volleyball, and their experience showed. In the spirit of good sportsmanship, the WTU quickly instituted a 'mercy rule' and decided to switch the teams up. The Soldiers mixed with the high school players, and while the game quickly got more even in scoring, the fun factor went through the roof. Co-operation among the new teammates, rejuvenated competition between the players, and increased crowd participation were all side effects of the restructuring.

In fact, the crowd was no longer content to just watch, and within minutes a second net was erected and a pickup game of WTU Soldiers, high school players and crowd members sprung up right next to the main event.

If anybody ever held doubts about



Seated volleyball levels the playing field, allowing those with disabilities to compete.

the universality of seated volleyball or adaptive sports in general, the addictive nature of team sports was apparent around the room.

"Adaptive sports is just a great thing for the community," said Lt. Col. Michael Richardson, commander of Europe's Warrior Transition Battalion. "Everyone has their own obstacles, you and me included. We all need sports adapted to us in some fashion."

And as to the long-term viability of sports like seated volleyball, there was hope Schweinfurt fitness managers could continue the trend after the exhibition day.

"MWR folks can start these types of programs for the entire community," added Richardson. "There's no reason why this just has to happen one day a year."

The Warrior Transition Battalion Europe held its commander's cup in seated volleyball today from 10 a.m.- 1 p.m. at the Finney Fitness Center.

Singer rises

Continued from page 1

online courses at the University of Maryland University College, in addition to working with the Army Reserve and raising her sons, Devin, 6, and Tanner, 2, with her husband, Chief Warrant Officer 2 Nathaniel Neal.

"We juggle it, but I like it busy," she said with a smile.

Neal said meeting the other 11 finalists backstage was the highlight of Operation Rising Star finals week. "Everybody I've met here, the crew and the other contestants, have just been really, really cool," she said. "Everything was just amazing. You got to meet people and see things that you would never get to see. This is an once-in-a-lifetime thing. Putting together a show of this magnitude was really cool to watch."

She said her win has been so impacting because it has brought so many people together, resulting in her votes increasing with every show, because people kept rallying together to show their support for her.

"The support that I've gotten from my friends and my family ... has been overwhelming. It's just amazing to know that you have support and that people enjoy what you do. It's been a lot of fun."

Editor's Note: Ron Toland, U.S. Army Garrison Ansbach Public Affairs, contributed reporting.

Training is an international feat

Continued from page 4

Every year, the Bundeswehr sends some of their troops to Ft. Benning's infantry and sniper schools, and U.S. Army instructors regularly travel to Germany to train Bundeswehr Soldiers. But McCafflin, the senior enlisted leader of Ft. Benning's Infantry School, stayed true to the 'drive-on' mentality so characteristic of command sergeants major.

"We need to keep doing more of this type of training," said McCafflin as he shook the young Soldiers' hands. "Well done."

Hauptmann (equivalent to a U.S. Army captain) Falko Reisser guided Brown, Piatt and McCafflin through Hammelburg.

Reisser is a charismatic officer, effortlessly bilingual and highly knowledgeable about the Infantry School and the sniper course in particular.

After the U.S. Soldiers received

their decorations, Reisser displayed the Bundeswehr's most expert marksmen for the visiting commanders.

"These are our most qualified snipers," he said to Brown, Piatt and McCafflin as they watched intently through binoculars at the snipers firing across a valley. Shots echoed off the rainy hills, and the German marksmen moved methodically, showing poise in the face of difficulty.

"They might not look it, but they're actually very nervous," said Stabsfeldwebel (equivalent to U.S. Army first sergeant) Markus Eckert, a senior instructor for the sniper course. "But it's not because of the two-star. They don't even know who he is." A German army chief of staff was also in attendance, and he alone instilled fear and order within the German Soldiers.

After the awards ceremony and sniper display, leaders from both

countries retreated to an officer's club for lunch. The young officers traded deployment stories and realized some of them had ended up in the same locations in Iraq and Afghanistan over the years.

Reisser remembered sitting in a foxhole in Afghanistan on New Year's Day and receiving a visit from now-retired U.S. Gen. Stanley McChrystal. The German chief of staff that so frightened the young Bundeswehr Soldiers pulled up a chair to talk to Murray. The Bundeswehr contains no route clearance units, and knowing that more cooperative work was in the future, Murray's advice as a route clearance commander was invaluable to the senior German officer.

Whether at the lowest level of enlisted-Soldier training or big-picture command decisions, the U.S. Army and German Bundeswehr remain intertwined, much to the benefit and satisfaction of both parties.



THEATERS

Entertainment

at a

Great Low Price!

All shows, dates
and times are
correct at time
of publication

www.shopmyexchange.com for complete updates

Vilseck Theater

09662-415666

18 Jan	Wed	Sherlock Holmes: Shadows (PG-13) 7pm
19 Jan	Thu	A Very Harold & Kumar Christmas (R) 7pm
20 Jan	Fri	Mission Impossible: Ghost Protocol (PG-13) 6:30pm
20 Jan	Fri	Immortals (R) 9:30pm
21 Jan	Sat	Jack And Jill (PG) Matinee 4pm
21 Jan	Sat	Joyful Noise (PG-13) 7pm
22 Jan	Sun	Johnny English Reborn (PG) Matinee 4pm
22 Jan	Sun	The Girl With The Dragon Tattoo (R) 7pm
23 Jan	Mon	Closed
24 Jan	Tue	Closed
25 Jan	Wed	Mission Impossible: Ghost Protocol (PG-13) 7pm
26 Jan	Thu	Immortals (R) 7pm
27 Jan	Fri	Happy Feet Two (PG) 6:30pm
27 Jan	Fri	Contraband (R) 9:30pm
28 Jan	Sat	The Three Musketeers 2 (PG-13) 7pm
29 Jan	Sun	Happy Feet Two (PG) Matinee 4pm
29 Jan	Sun	Contraband (R) 7pm
30 Jan	Mon	Closed
31 Jan	Tue	Closed
01 Feb	Wed	TBA
02 Feb	Thu	TBA
03 Feb	Fri	TBA
03 Feb	Fri	TBA
04 Feb	Sat	TBA
04 Feb	Sat	TBA
05 Feb	Sun	TBA
05 Feb	Sun	TBA
06 Feb	Mon	Closed
07 Feb	Tue	Closed
08 Feb	Wed	TBA
09 Feb	Thu	TBA
10 Feb	Fri	TBA
10 Feb	Fri	TBA
11 Feb	Sat	TBA
12 Feb	Sun	TBA
13 Feb	Mon	Closed
14 Feb	Tue	Closed
15 Feb	Wed	TBA
16 Feb	Thu	TBA
17 Feb	Fri	TBA
17 Feb	Fri	TBA
18 Feb	Sat	TBA
19 Feb	Sun	TBA

Graf Tower Theater

09641-931872

18 Jan	Wed	War Horse (PG-13) 7pm
19 Jan	Thu	Sherlock Holmes: Shadows (PG-13) 7pm
20 Jan	Fri	Joyful Noise (PG-13) 6:30pm
20 Jan	Fri	The Girl With The Dragon Tattoo (R) 9:30pm
21 Jan	Sat	Immortals (R) 7pm
22 Jan	Sun	Jack And Jill (PG) Matinee 4pm
22 Jan	Sun	Mission Impossible: Ghost Protocol (PG-13) 7pm
23 Jan	Mon	Closed
24 Jan	Tue	Closed
25 Jan	Wed	Immortals (R) 7pm
26 Jan	Thu	Jack And Jill (PG) 7pm
27 Jan	Fri	The Three Musketeers 2 (PG-13) 6:30pm
27 Jan	Fri	J. Edgar (R) 9:30pm
28 Jan	Sat	Happy Feet Two (PG) Matinee 4pm
28 Jan	Sat	Contraband (R) 7pm
29 Jan	Sun	Happy Feet Two (PG) Matinee 4pm
29 Jan	Sun	J. Edgar (R) 7pm
30 Jan	Mon	Closed
31 Jan	Tue	Closed
01 Feb	Wed	TBA
02 Feb	Thu	TBA
03 Feb	Fri	TBA
03 Feb	Fri	TBA
04 Feb	Sat	TBA
04 Feb	Sat	TBA
05 Feb	Sun	TBA
05 Feb	Sun	TBA
06 Feb	Mon	Closed
07 Feb	Tue	Closed
08 Feb	Wed	TBA
09 Feb	Thu	TBA
10 Feb	Fri	TBA
10 Feb	Fri	TBA
11 Feb	Sat	TBA
12 Feb	Sun	TBA
13 Feb	Mon	Closed
14 Feb	Tue	Closed
15 Feb	Wed	TBA
16 Feb	Thu	TBA
17 Feb	Fri	TBA
17 Feb	Fri	TBA
18 Feb	Sat	TBA
19 Feb	Sun	TBA

Hohenfels Theater

09472-83-1790

18 Jan	Wed	Closed
19 Jan	Thu	A Very Harold & Kumar Christmas (R) 7pm
20 Jan	Fri	War Horse (PG-13) 7pm
21 Jan	Sat	Johnny English Reborn (PG) Matinee 4pm
21 Jan	Sat	Immortals (R) 7pm
22 Jan	Sun	Jack And Jill (PG) Matinee 4pm
22 Jan	Sun	War Horse (PG-13) 7pm
23 Jan	Mon	Closed
24 Jan	Tue	Closed
25 Jan	Wed	Closed
26 Jan	Thu	Immortals (R) 7pm
27 Jan	Fri	Joyful Noise (PG-13) 7pm
28 Jan	Sat	Happy Feet Two (PG) Matinee 4pm
28 Jan	Sat	J. Edgar (R) 7pm
29 Jan	Sun	Happy Feet Two (PG) Matinee 4pm
29 Jan	Sun	Joyful Noise (PG-13) 7pm
30 Jan	Mon	Closed
31 Jan	Tue	Closed
01 Feb	Wed	Closed
02 Feb	Thu	TBA
03 Feb	Fri	TBA
03 Feb	Fri	TBA
04 Feb	Sat	TBA
04 Feb	Sat	TBA
05 Feb	Sun	TBA
05 Feb	Sun	TBA
06 Feb	Mon	Closed
07 Feb	Tue	Closed
08 Feb	Wed	Closed
09 Feb	Thu	TBA
10 Feb	Fri	TBA
10 Feb	Fri	TBA
11 Feb	Sat	TBA
12 Feb	Sun	TBA
13 Feb	Mon	Closed
14 Feb	Tue	Closed
15 Feb	Wed	Closed
16 Feb	Thu	TBA
17 Feb	Fri	TBA
17 Feb	Fri	TBA
18 Feb	Sat	TBA
19 Feb	Sun	TBA
20 Feb	Mon	Closed

Schweinfurt Theater

09721 96 1790

18 Jan	Wed	Tower heist (PG-13) 7pm
19 Jan	Thu	A Very Harold & Kumar Christmas (R) 7pm
20 Jan	Fri	War Horse (PG-13) 7pm
21 Jan	Sat	Jack And Jill (PG) Matinee 4pm
21 Jan	Sat	War Horse (PG-13) 7pm
22 Jan	Sun	Jack And Jill (PG) Matinee 4pm
22 Jan	Sun	A Very Harold & Kumar Christmas (R) 7pm
23 Jan	Mon	Closed
24 Jan	Tue	Closed
25 Jan	Wed	Immortals (R) 7pm
26 Jan	Thu	Immortals (R) 7pm
27 Jan	Fri	Joyful Noise (PG-13) 7pm
28 Jan	Sat	Happy Feet Two (PG) Matinee 4pm
28 Jan	Sat	Joyful Noise (PG-13) 7pm
29 Jan	Sun	Happy Feet Two (PG) Matinee 4pm
29 Jan	Sun	Joyful Noise (PG-13) 7pm
30 Jan	Mon	Closed
31 Jan	Tue	Closed
01 Feb	Wed	J. Edgar (R) 7pm
02 Feb	Thu	J. Edgar (R) 7pm
03 Feb	Fri	TBA
04 Feb	Sat	TBA
04 Feb	Sat	TBA
05 Feb	Sun	TBA
05 Feb	Sun	TBA
06 Feb	Mon	Closed
07 Feb	Tue	Closed
08 Feb	Wed	TBA
09 Feb	Thu	TBA
10 Feb	Fri	TBA
11 Feb	Sat	TBA
11 Feb	Sat	TBA
12 Feb	Sun	TBA
12 Feb	Sun	TBA
13 Feb	Mon	Closed
14 Feb	Tue	Closed
15 Feb	Wed	TBA
16 Feb	Thu	TBA

LISTEN TO AFN
FOR YOUR MOVIE UPDATES



Katterbach Theater

09802-83-1790

18 Jan	Wed	Closed
19 Jan	Thu	A Very Harold & Kumar Christmas (R) 7pm
20 Jan	Fri	Mission Impossible: Ghost Protocol (PG-13) 7pm
21 Jan	Sat	The Girl With The Dragon Tattoo (R) 7pm
22 Jan	Sun	Jack And Jill (PG) Matinee 4pm
22 Jan	Sun	Immortals (R) 7pm
23 Jan	Mon	Closed
24 Jan	Tue	Closed
25 Jan	Wed	Closed
26 Jan	Thu	Mission Impossible: Ghost Protocol (PG-13) 7pm
27 Jan	Fri	War Horse (PG-13) 7pm
28 Jan	Sat	Happy Feet Two (PG) Matinee 4pm
28 Jan	Sat	J. Edgar (R) 7pm
29 Jan	Sun	Happy Feet Two (PG) Matinee 4pm
29 Jan	Sun	War Horse (PG-13) 7pm
30 Jan	Mon	Closed
31 Jan	Tue	Closed
01 Feb	Wed	Closed
02 Feb	Thu	TBA
03 Feb	Fri	TBA
04 Feb	Sat	TBA
04 Feb	Sat	TBA
05 Feb	Sun	TBA
05 Feb	Sun	TBA
06 Feb	Mon	Closed
07 Feb	Tue	Closed
08 Feb	Wed	Closed

Illesheim Theater

09841-83-8747

21 Jan	Sat	War Horse (PG-13) Matinee 3pm
21 Jan	Sat	Immortals (R) 7pm
22 Jan	Sun	Jack And Jill (PG) Matinee 3pm
28 Jan	Sat	Joyful Noise (PG-13) Matinee 4pm
28 Jan	Sat	J. Edgar (R) 7pm
29 Jan	Sun	Happy Feet Two (PG) Matinee 3pm
04 Feb	Sat	TBA
04 Feb	Sat	TBA
05 Feb	Sun	TBA
11 Feb	Sat	TBA
11 Feb	Sat	TBA
12 Feb	Sun	TBA
18 Feb	Sat	TBA

www.shopmyexchange.com for complete updates



More Movies
More Matinees
More Entertainment!

Go to
www.shopmyexchange.com
for
Movie
Synopsis

Movies will
now regularly be
shown on
Saturdays only...

Listen To



For Your Latest Updates



by CHRIS LITCH Grafenwoehr Consolidated Exchange Marketing Specialist



Your Exchange Specials

Grafenwoehr~Rose Barracks~Hohenfels~Ansbach~Garmisch

www.shopmyexchange.com



MILITARY STAR

Great Reasons to get a Military Star @ Co-Brand Card

With less credit card fees, your Exchange can contribute more to MWR!
Get 5 cent off a gallon everyday and more during yearly gas promotions!
Exchange Restaurants 10% discount to any purchase at all Exchange Restaurants!
Exclusive Military Star promotions, many with no interest, no payments for 12 months
Competitive interest rate with a low rate at 10.24%
No Annual, late or overage fees on the Military Star
An exclusive deployment policy
Co-Brand Card you can:
Earn points for travel, merchandise, and more!
All the BENEFITS of the Military Star® Card!
Plus the POWER of a Chase Rewards Program!
Use your card anywhere MasterCard® credit cards are accepted!
Stop by your Exchange today and apply or go to www.shopmyexchange.com TODAY!!

Apply Now! Buy Now!
10% off your entire
first day's purchases!

Like Us & Experience Savings!



Stay connected and get the latest info, participate in contests and **GET COUPONS!**

The Facebook Fan page is a great place to ask questions, connect with other military members, get local community event information!

Like us on Facebook!



www.facebook.com/aafes.bx.px

Find us on Facebook.

www.facebook.com/aafes.bx.px

BuddyList

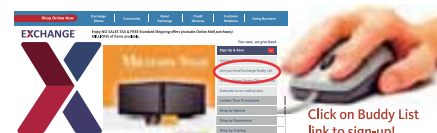
Sign-Up & Save!

Be among the first to find out about exclusive savings and special offers at your local Exchange and Exchange Online Mall at shopmyexchange.com

Make a **CLICK** at shopmyexchange.com



Sign-Up at shopmyexchange.com!



Fill in the information, select your Exchange, and submit, that all it takes... or e-mail Chris Litch at GrafenwoehrBuddy@aafes.com

Buddy List Benefits!

- Special Offers from latest Exchange Sale Flyer
- EXCLUSIVE Online Savings Offers!
- Military Star Store Promotions!
- Direct Access to our HOTTEST Online Savings Promotions & Sweepstakes!
- Concession Coupons!
- Military Star Online and Catalog Promotions!
- Food Court Coupons!
- Online Specialty Stores and Mall Promotions!
- Access to ReelTime Theaters Schedules & More Helpful Resources!

Make a **CLICK** at shopmyexchange.com

ORDER HOME HEATING OIL

Now Available at your

Grafenwoehr Main Store and
Rose Barracks PXtra



**Register at your Grafenwoehr Main Store
or Register at your Rose Barracks PXtra Today!**

See our Customer Service Associate for details.

Try Our New COMBO DEALS

All Combos: ANY Size Beverage!*

Double-Punch Deal:
Use this card on any Tuesday,
and receive double the value,
double the punches!

Double-Punch Tuesdays!

Double-Punch Tuesdays!

EXPRESS SNACK AVENUE

Bring in any reusable bag*
and get a 5¢ credit per bag
used on each transaction.

*Does not include plastic bags.

SAVE THE PLANET A NICKEL AT A TIME!



Theater Gift Certificates

A Great Gift All Year Round!
**Stop By Your Exchange Theater and
Get a Book Today**



EXCHANGE
You save, we give back.



At time of print all information was correct and is subject to changeBy Chris Litch Exchange Marketing Manager

DESIGN AND PERFORMANCE EXCLUSIVELY FOR YOU.

BAVARIAN MOTOR CARS CATERS TO YOUR INDIVIDUAL NEEDS.

- Stateside & European Trade In Program
- Stateside & European New Car delivery Program
- Free stateside home shipping / Free Maintenance
- Over 300 cars in stock
- Buy back Program Guarantee
- Lowest Price Guarantee

BMW EfficientDynamics
Less emissions. More driving pleasure.



Wuerzburg
Phone +49 931 27885-891

Grafenwoehr Gate 6
Phone +49 9641 92404-0

Vilseck
Phone +49 9662 8779

Katterbach
Phone +49 9802 957377

Ansbach
Phone +49 981 9700 127

Bamberg
Phone +49 951 9370 500

Schweinfurt
Phone +49 9721 67527-0

Grafenwoehr Gate 3
Phone +49 9641 92606-15

Mannheim
Phone +49 621 728495-0

Frankfurt
Phone +49 69 4036 543

Darmstadt
Phone +49 6151 7007413

www.BavarianMotorCars.com/bnews

BMW Military Sales Authorized Agency



BMW Military Sales

www.BavarianMotorCars.com



Sheer
Driving Pleasure